

Simple Summer Smoothies and Healthy Salads

Pomegranate Antioxidant Smoothie



Ingredients:

- 2 cups frozen mixed berries
- 1 cup pomegranate juice
- 1 medium banana
- 1/2 cup Greek yogurt
- 1/2 cup water

Directions:

1. Combine mixed berries, pomegranate juice, banana, Greek yogurt & water in blender.
2. Blend until smooth.
3. Garnish with Pomegranate seeds.
4. Enjoy 😊

Superfruit Spinach Salad with Feta

Ingredients:

- 7 -10 cups fresh baby spinach
- 5 cups sliced fresh strawberries
- 2 cups blueberries
- 1/4 cup toasted sliced almonds (candied almonds are good too!)
- 1/2 cup crumbled feta cheese (can use more)
- poppy seed dressing

Directions:

1. In a large bowl, toss spinach with strawberries & blueberries.
2. Toast almonds in oven.
3. Sprinkle the feta and almonds over the top of the salad.



Texas Caviar

Ingredients:

- 15 ounces black beans, rinsed and drained
- 15 ounces white corn, drained
- 15 ounces cherry tomatoes
- 1 small onion, peeled & minced
- 2 Avocados
- 1 bunch Cilantro
- 2 Limes
- Olive oil
- Whole Grain Chips

Directions:

1. Mix all ingredients together.
2. Drizzle with olive oil and lime.
3. Cover and refrigerate.
4. Serve with chips and enjoy 😊



Caprese!



Ingredients:

- 4 large ripe tomatoes, sliced ¼ inch thick
- 1 pound fresh mozzarella, sliced ¼ inch thick
- 1/3 cup fresh basil leaves
- 3 tbsp extra virgin olive oil
- fine sea salt to taste
- freshly ground black pepper to taste

Directions:

1. On a large platter, alternate & overlap the tomato slices, mozzarella cheese slices, and basil leaves.
2. Drizzle with olive oil.
3. Season with sea salt & pepper.
4. Enjoy 😊