

Zucchini Raspberry Smoothie

Makes 2 Servings (2 cups)

Ingredients

- 1 cup diced zucchini
- ½ cup cucumber slices
- 2 packets of Stevia
- ½ cup of raspberries
- ½ cup diced pineapple
- 1 medium peach
- 1 cup ice-cold water
- 1 cup of ice cubes
- 1 tsp vanilla

Directions

1. Add all ingredients in a blender and blend on high
2. Serve cold or chill until ready to serve.

Nutrition Facts: Per Serving: Calories 72, Total Fat 0g, Total Carbs 17g, Dietary Fiber 5g, Protein 1.4g.



Purple Potion

Ingredients

- ¾ cup beets, peeled, cut into chunks (fresh or canned)
- 1 cup frozen blueberries
- 1 ¼ cups carrot juice

Directions

1. If using fresh beets:
 - Place the beets along with 2 cups of water into a small saucepan, cook over medium heat until tender
 - Drain, cool completely, and set aside. Peel cooled beets and cut them into chunks
2. Place all ingredients into the Ninja 24 ounce cup
3. Blend for 30 seconds – serve cold

Source: Nutri Ninja – Getting Started Assembly & Recipes BL450/BL451

