

# Delightful Food Ideas

## Three Summer Almond Milk Smoothie Recipes

(NAPSA)—Delicious taste is just one reason almond milk is becoming so popular with both dairy-free and dairy drinkers. It's rich in calcium, a good source of vitamins D, E and A, available in low calorie and low sugar varieties, and a simple swap for milk in recipes! Get your fix this summer with these three smoothies:



**Breeze Berry Apricot Smoothie**

### Breeze Berry Apricot Smoothie

- 1½ cups Original Unsweetened Almond Breeze Almondmilk
- ½ banana
- 1 cup frozen berries
- 2 fresh apricots, pitted
- 1 Tbsp. chia seeds
- 1 scoop protein powder

Place all ingredients into blender and blend on high until smooth.

### Cherry Chocolate Chia Smoothie

- 1½ cups Unsweetened Vanilla Almond Breeze Almondmilk
- 2 cups frozen cherries
- 1 banana
- 2 Tbsp. cocoa powder
- 2 Tbsp. chia seeds
- 2 scoops vanilla protein powder, optional
- 1 large handful spinach, optional

Blend all ingredients until smooth, adding protein pow-



**Pomegranate Berry Smoothie**

der and/or spinach, if desired. Pour into glasses and serve immediately.

### Pomegranate Berry Smoothie

- ¾ cup pomegranate juice
- ¾ cup Vanilla Almond Breeze Almondmilk
- ½ banana
- 1½ cups frozen strawberries
- 2 scoops vanilla protein powder
- 2 Tbsp. chia seeds

Place all ingredients into blender and blend on high until smooth.



**Cherry Chocolate Chia Smoothie**

### Learn More

You can find further nutrition information and great recipes at [www.almondbeeze.com](http://www.almondbeeze.com).