

Chili Berry Smoothie

Ingredients:

- 1 lb cucumber, like Persian, Kerby or English hot house
- 2 lb strawberries, leaves removed
- 2 granny smith apples, seeds and core removed, chopped
- Juice of 2 limes and zest
- 8 oz. agave nectar
- 1 oz. Mexican Tajin spice, plus more for garnish
- 16 ounces ice water

Recipe:

Cut cucumbers into small chunks, freeze overnight, with the cleaned strawberries.

Combine frozen cucumber and strawberries in a blender, add chopped apples and cover all with remaining ingredients. Blend until smooth and pour into chilled glasses, garnish each with a dusting of Tajin spice.

Serves about 4 tall servings.

All Green Smoothie

Ingredients:

3 ripe bananas, the browner, the sweeter, frozen
½ lb. of any greens, (romaine, arugula, parsley, and
spinach)

1 ripe avocado

4 oz. agave nectar

2 oz. chia seeds, plus more for garnish

1 qt. oat milk

Recipe:

Gather greens into a blender, add frozen bananas, all ingredients, and cover with oat milk, blend until smooth. Poor into tall, chilled glasses, sprinkle chia seeds on top.

Serves about 4 tall servings.

Laguna Porridge Smoothie

Ingredients:

- 16 oz. coconut milk, unsweetened, chilled
- 1 large ripe mango, peeled, chopped and chilled
- 16 oz. orange juice, chilled
- 8 oz. rolled oats
- 4 oz. raw walnuts
- ½ tsp. cinnamon powder
- 8 oz. raw honey

Recipe:

Combine all in blender until smooth. Serve with a cinnamon stick garnish.

Serves about 4 tall servings.