

Get a smart start with these fabulous recipes featuring Nature's Sunshine SmartMeal Nutritional Shake Mix.

Smart Green Shake

Ingredients

1 cup spinach or 50/50 mix spinach and kale
3/4 cup strawberries
1/2 banana
3/4-1 cup milk of your choice (almond, rice, soy, etc.)
1 scoop Nature's Sunshine SmartMeal Vanilla or Chai
1 tablespoon chia seeds
1/2-1 cup ice

Directions

Blend on high speed until all ingredients are smooth. Enjoy.

Tip: For an extra frozen treat, freeze spinach and fruit beforehand. You won't need ice if you use this method.



Oh So Good Smart Oatmeal

Ingredients

1 cup old-fashioned oats
1 cup milk of your choice (almond, rice, soy, etc.)
1 cup blueberries
1 scoop Nature's Sunshine SmartMeal Vanilla

Directions

Cook oats with milk on medium heat until thickened. Add in SmartMeal, stir to mix, then top with blueberries.

Tip: Substitute strawberries for blueberries to mix it up.

