

Aloe Vera

SMOOTHIE RECIPES

BY SASCO

SASCO®

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Aloe Cleanse Smoothie

- 8 oz unsweetened Green Tea
- 1 Tbs. Sasco® Aloe Vera Juice
- 1 handful of fresh spinach
- 1 frozen ripe banana
- ½ cup pineapple
- 1 date
- 1 cup of ice



Mango Pineapple Aloe Smoothie

- 8 oz Sasco® Aloe Vera Juice
- ½ cup mango, frozen
- ½ cup pineapple, frozen
- 1 cup of ice



Tropical Kale Aloe Smoothie

- 1 cup fresh or frozen diced pineapple
- 1 cup fresh or frozen diced mango
- 1 cup chopped kale
- 1 cup chilled coconut milk beverage
- 1/4 cup of Sasco® Aloe Vera Juice
- 1 teaspoon grated fresh ginger



Strawberry Greens Aloe Smoothie

- 1 cup organic apple juice
- 2 cups chopped greens of choice
- 2 cups frozen or fresh strawberries
- 1 cup of Sasco® Aloe Vera Juice



Green Aloe Smoothie

- 2 cups frozen mangoes
- 1 cup Sasco® Aloe Vera Juice
- 1 cup tropical fruit juice
- 1 cup spinach
- 1 cup chopped kale



Pineapple Aloe Smoothie

- $\frac{1}{4}$ pineapple
- $1 \frac{3}{4}$ oz Sasco® Aloe Vera Juice
- $\frac{1}{4}$ lime (juice)
- $\frac{1}{2}$ tsps brown sugar
- $3 \frac{1}{2}$ ozs coconut milk
- $\frac{3}{4}$ ozs pineapple juice



Aloe Vera Lemonade

- 1/4 cup of Sasco® Aloe Juice
- Juice from one large lemon
- 3 cups of cold water
- 1/4 cup of raw honey



Kale Aloe Smoothie

- 1 Medium Cucumber
- 2 Cups lightly packed kale
- 1 Cup Sasco® Aloe Juice
- 1 Cup Ice



Mint Matcha Aloe Smoothie

- $\frac{3}{4}$ cup nut milk
- 1 frozen banana
- 10 mint leaves
- $\frac{3}{4}$ cup pineapple chopped
- 2 teaspoons hemp oil
- 1 tablespoon Sasco® Aloe Vera Juice
- 1 teaspoon matcha green tea powder



Aloe Detox Smoothie

- 1/2 of a green apple
- 1/2 of a cucumber
- 1 peeled kiwi
- 1 cup of coconut water
- 1 tablespoon of ground ginger
- 1/4 cup of Sasco® Aloe Vera Juice
- 1/2 a peeled lemon or lime
- 1 tablespoon of chia seeds



Berry Aloe Smoothie

- 4 ounces Sasco® Aloe Vera Juice
- 1 cup ice
- 1/2 cup fresh strawberries, capped
- 1/2 cup sweet cherries, pitted
- 1/2 cup blueberries



Tropical Aloe Smoothie

- 5 oz frozen mango, in pieces
- 5 oz frozen papaya, in pieces
- 5 oz frozen pineapple
- 4 tablespoons Sasco® Aloe Vera Juice
- 18 oz coconut water, unsweetened



Tumeric and Aloe Smoothie

- Freshly sliced turmeric (1/2 tsp)
- 1/2 Banana
- 1 Pear
- 1 cup of cucumbers
- 1/4 cup of orange juice/raw orange
- 2 tbsp Sasco® Aloe vera juice



Strawberry Banana Kale Aloe Smoothie

- 6 strawberries
- 1 large banana
- RAW aloe Vera – A couple of slices of aloe Vera gel.
- 1 cup Sasco ® Aloe Vera Juice
- 1/2 cup Greek Strawberry Yogurt
- 2 cups Kale
- Handful ICE-CUBES



Ginger Orange Aloe Smoothie

- 1 cup Sasco® Aloe Vera juice
- 1 cup Mango — chopped
- 1/4 cup Orange juice
- 1/4 teaspoon ginger powder
- 2 tablespoons Lemon juice
- 1/2 ounce Honey

