

CHOCOLATE ALMOND BUTTER SMOOTHIE

352	11g	36g	21g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

<p>1 C</p> <p>1</p> <p>2 TBSP</p> <p>1 TBSP</p>	<p>RAW MILK OR NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION)</p> <p>FROZEN BANANA</p> <p>ALMOND BUTTER</p> <p>FLAX SEEDS OR CHIA SEEDS (FLAX USED FOR NUTRITIONAL INFORMATION)</p> <p>1 SERVING OF YOUR FAVOURITE CHOCOLATE PROTEIN POWDER (OPTIONAL)</p>
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



BLUEBERRY MILKSHAKE SMOOTHIE

278	4g	30g	21g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

<p>1 C</p> <p>½ C</p> <p>½</p> <p>½ TSP</p> <p>½ TSP</p> <p>½ TBSP</p> <p>½ TBSP</p>	<p>RAW MILK OR NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION)</p> <p>FROZEN BLUEBERRIES</p> <p>AVOCADO</p> <p>VANILLA EXTRACT</p> <p>CINNAMON</p> <p>HONEY TO SWEETEN</p> <p>MACA (OPTIONAL)</p>
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

