

CHOCOLATE RASPBERRY PROTEIN SMOOTHIE



INGREDIENTS:

- | | |
|------------|---|
| 1 C | RAW MILK OR NUT MILK OF CHOICE
(RAW MILK USED FOR NUTRITIONAL INFORMATION) |
| 1 | BANANA
(OPTIONAL FROZEN) |
| ½ C | RASPBERRIES |
| | 1 SERVING OF YOUR PREFERRED CHOCOLATE
PROTEIN POWDER (22 GRAMS/PER SCOOP) |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



KIWI STRAWBERRY BANANA SMOOTHIE



INGREDIENTS:

- | | |
|---------------|------------------------------|
| 1 C | WATER |
| 1 KIWI | PEELED AND HALVED |
| 1 C | FRESH OR FROZEN STRAWBERRIES |
| ½ | FRESH OR FROZEN BANANA |
| 1 TSP | COCONUT OIL |
| 4-6 | ICE CUBES |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

