

## SPICE SMOOTHIE

266

CALORIES

4g

PROTEIN

41g

CARBS

13g

FAT

### INGREDIENTS:

<b>1 C</b>	GREEN TEA, BROUGHT TO ROOM TEMP OR CHILLED
<b>½ C</b>	FRESH OR FROZEN BLUEBERRIES
<b>½ C</b>	FRESH OR FROZEN PAPAYA CHUNKS
<b>1 TBSP</b>	CHIA SEEDS OR CHIA SEED GEL
<b>½ TSP</b>	TURMERIC
<b>½ TSP</b>	GINGER
<b>¼ TSP</b>	CAYENNE PEPPER
<b>½ TSP</b>	CINNAMON
	A DASH OF A HIGH QUALITY SALT
	A LITTLE HONEY, MAPLE SYRUP, OR STEVIA TO SWEETEN (OPTIONAL)

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



## COFFEE REPLACEMENT SMOOTHIE

263

CALORIES

6g

PROTEIN

20g

CARBS

19g

FAT

### INGREDIENTS:

<b>½ C</b>	COFFEE
<b>½ C</b>	ALMOND MILK
<b>3 TBSP</b>	CASHEWS
<b>½ TBSP</b>	COCONUT OIL
<b>½ TBSP</b>	CACAO POWDER
<b>½ TSP</b>	CINNAMON
<b>¼ TSP</b>	VANILLA EXTRACT
<b>1 TSP</b>	HONEY
	A DASH HIGH QUALITY SALT

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

