



CHOCOLATE ALMOND BUTTER SMOOTHIE

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|----------|---------|-------|-----|
| 352 | 11g | 36g | 21g |
| CALORIES | PROTEIN | CARBS | FAT |

INGREDIENTS:

| | |
|--------|---|
| 1 C | NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION) |
| 1 | FROZEN BANANA |
| 2 TBSP | ALMOND BUTTER |
| 1 TBSP | FLAX SEEDS OR CHIA SEEDS (FLAX USED FOR NUTRITIONAL INFORMATION) |
| | 1 SERVING OF YOUR FAVOURITE CHOCOLATE PROTEIN POWDER (OPTIONAL) |

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

BLUEBERRY MILKSHAKE SMOOTHIE

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|----------|---------|-------|-----|
| 278 | 4g | 30g | 21g |
| CALORIES | PROTEIN | CARBS | FAT |

INGREDIENTS:

| | |
|--------|---|
| 1 C | RAW MILK OR NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION) |
| ½ C | FROZEN BLUEBERRIES |
| ½ | AVOCADO |
| ½ TSP | VANILLA EXTRACT |
| ½ TSP | CINNAMON |
| ½ TBSP | HONEY TO SWEETEN |
| ½ TBSP | MACA (OPTIONAL) |

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

