



Menu

Strawberry Smoothie

1/2 cup frozen strawberries, 1/2 frozen banana, 1 cup almond milk, 2 scoops vanilla protein, 1 TBSP almond butter and gluten free granola on top

Blueberry Smoothie

1/2 cup frozen blueberries, 1 frozen banana, 1 cup of almond milk, 2 scoops of chocolate protein, 1 TBSP peanut butter & gluten free granola on top

Mixed Berry Smoothie

1/4 cup frozen blueberries, 1/4 cup frozen strawberries, 1/4 cup frozen raspberry, 2 scoops of vanilla protein & 1 cup of almond milk

Mango Smoothie

1/2 cup frozen mango, 1/2 of a frozen banana, 1 cup flax or coconut milk, 1/4 cup greek yogurt

Green Smoothie

1 cup of spinach, 1/2 of a frozen banana, kiwi, 1 cup of flax milk,

Vanilla Smoothie

1/2 of a frozen banana, 2 scoops vanilla protein powder, served with gluten free granola and sliced banana on top

Chocolate Smoothie

1 frozen banana, 2 scoops chocolate protein powder, 1 TBSP peanut butter, 1 TBSP chia seeds, 1 cup almond milk



Menu

Raspberry Coconut Smoothie

1/2 cup frozen raspberries, frozen banana, 1 cup of almond milk, 1 scoop vanilla protein, 1/2 cup greek yogurt, 1 TBSP almond butter and gluten free granola on top

Cherry Almond Smoothie

1/2 cup frozen cherries, 1 cup of almond milk, 2 scoops of chocolate protein, 1 TBSP almond butter & 1 tsp almond extract

Avocado Banana Smoothie

1/2 an avocado, 1 frozen banana, 1/2 cup frozen spinach, 2 scoops of vanilla protein & 1 cup of almond milk

Green Apple Kale Smoothie

1/2 cup frozen kale, 1 green apple sliced, 1/2 banana, 1 cup coconut milk

Strawberry Banana Smoothie

1 cup of spinach, 1/2 of a frozen banana, 1/2 cup frozen strawberries, 1 cup of flax milk



Here's the Vanilla & Chocolate Protein that I recommend.

(Tap the image to save \$10)