



# Menu

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## 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

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## Rapsberry Coconut Smoothie

1/2 cup frozen rapsberries, frozen banana, 1 cup of almond milk, 1 scoops 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)