

Smoothie: Banana Split



INGREDIENTS

- 1 Cup Almond Milk
- 1 Scoop Vanilla Protein Powder
- One banana
- 1 tsp vanilla
- 1/4 Cup Greek Yogurt
- 1 Cup ice

DIRECTIONS

1. Toss all ingredients in blender and blend on high until smooth.

*You can add frozen spinach for added health benefits!

NOTES: 1 SERVINGS TOTAL

Smoothie: Chocolate Peanut Butter



INGREDIENTS

- 1 Cup Almond Milk
- 1 Scoop Vanilla Protein Powder
- 1 Tbsp Peanut Butter
- 2 tsp. cocoa powder
- 1/4 Cup Oats
- 1/4 Cup Greek Yogurt
- 1 Cup ice

DIRECTIONS

1. Toss all ingredients in blender and blend on high until smooth.

*You can add frozen spinach for added health benefits! If you have Chocolate protein powder, substitute it for the vanilla protein powder and cocoa powder.

NOTES: 1 SERVINGS TOTAL

Smoothie: Creamy Apple Pie



INGREDIENTS

- 1 Cup Almond Milk
- 1 Scoop Vanilla Protein Powder
- 1 whole apple
- 1/2 banana
- 1 tsp maple syrup
- 1/4 tsp cinnamon
- 1 Cup ice

*Optional-add 1 cup spinach for added nutrition.

DIRECTIONS

1. Chop up apple and peel/slice banana.
2. Combine all ingredients in blender and blend until smooth.

NOTES: 1 SERVINGS TOTAL

Smoothie: Green Berry



INGREDIENTS

- 1 Cup Water
- 1 Scoop Vanilla Protein Powder
- 1 Cup spinach (or Kale)
- 1/2 Cup mixed berries
- 1 Cup ice

DIRECTIONS

1. Toss all ingredients in blender and blend on high until smooth.

*You can freeze your spinach and berries and they'll not only keep longer but are better for smoothies.

NOTES: 1 SERVINGS TOTAL



Smoothie: Green Detox

INGREDIENTS

- 1 Cup Water
- 1 Scoop Vanilla Protein Powder
- 1 Cup spinach (or Kale)
- 1 stem of celery
- 1/2 lime juiced
- 1 Tbsp chia seeds
- 1 fresh knob ginger
- 4 fresh mint leaves
- 1 Cup ice

DIRECTIONS

1. Toss all ingredients in blender and blend on high until smooth.

*You can freeze your spinach and they'll not only keep longer but are better for smoothies.

NOTES: 1 SERVINGS TOTAL



Smoothie: Peach Berry

INGREDIENTS

- 1 Cup Almond Milk
- 1 Scoop Vanilla Protein Powder
- 1/2 peach sliced
- 1/4 Cup blueberries
- 1 tsp cinnamon
- 1 tsp honey
- 1 Cup ice

DIRECTIONS

1. Toss all ingredients in blender and blend on high until smooth.

*You can add frozen spinach for added health benefits!

NOTES: 1 SERVINGS TOTAL



Smoothie: Pina Colada

INGREDIENTS

- 1 Cup Almond Milk
- 1 Scoop Vanilla Protein Powder
- 1/2 Cup frozen
- 1/4 Cup blueberries
- 1 tsp cinnamon
- 1 tsp honey
- 1 Cup ice

DIRECTIONS

1. Toss all ingredients in blender and blend on high until smooth.

*You can add frozen spinach for added health benefits!

NOTES: 1 SERVINGS TOTAL