



CHOCOLATE RASPBERRY PROTEIN SMOOTHIE

328

CALORIES

26g

PROTEIN

37g

CARBS

11g

FAT

INGREDIENTS:

- | | |
|-----|---|
| 1 C | RAW MILK OR NUT MILK OF CHOICE
(RAW MILK USED FOR NUTRITIONAL INFORMATION) |
| 1 | BANANA
(OPTIONAL FROZEN) |
| ½ C | RASPBERRIES |
| | 1 SERVING OF YOUR PREFERRED CHOCOLATE
PROTEIN POWDER (22 GRAMS/PER SCOOP) |

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

KIWI STRAWBERRY BANANA SMOOTHIE

183

CALORIES

2g

PROTEIN

35g

CARBS

6g

FAT

INGREDIENTS:

- | | |
|--------|------------------------------|
| 1 C | WATER |
| 1 KIWI | PEELED AND HALVED |
| 1 C | FRESH OR FROZEN STRAWBERRIES |
| ½ | FRESH OR FROZEN BANANA |
| 1 TSP | COCONUT OIL |
| 4-6 | ICE CUBES |

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

