

Michele Sodon

CHOCOLATE RASPBERRY PROTEIN SMOOTHIE

328

Calories

26g

Protein

37g

Carbs

11g

Fat

1 cup raw milk or nut milk of choice
(raw milk used for nutritional information)

½ banana (optionally frozen)

½ 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

1 cup water

1 kiwi, peeled and halved

1 cup 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.