

Michele Sodon

CHOCOLATE ALMOND BUTTER SMOOTHIE

352

Calories

11g

Protein

36g

Carbs

21g

Fat

- 1 cup nut milk of choice (almond used for nutritional information)
- 1 frozen banana
- 2 TBSP almond butter
- 1 TBSP flax seeds or chia seeds (flax used for nutritional information)
- 1 serving of your favorite chocolate protein powder (optional)

Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.

BLUEBERRY MILKSHAKE SMOOTHIE

278

Calories

4g

Protein

30g

Carbs

21g

Fat

- 1 cup raw milk or nut milk of choice (almond used for nutritional information)
- ½ cup frozen blueberries
- ½ avocado
- ½ tsp vanilla extract
- ½ tsp cinnamon
- ½ TBSP honey to sweeten
- ½ TBSP maca (optional)



Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.