

Michele Sodon

GOJI BERRY MANGO SUPERFOOD SMOOTHIE

164

Calories

2g

Protein

25g

Carbs

8g

Fat

1 cup water
2 TBSP goji berries
½ cup frozen mango slices
½ TBSP coconut oil

A dash of high quality salt to taste (Celtic sea salt, Redmond salt, Himalayan salt)
Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.

CHOCOLATE AVOCADO SMOOTHIE

377

Calories

12g

Protein

34g

Carbs

24g

Fat

1 cup raw milk or nut milk of choice
(raw milk used for nutritional information)
½ avocado
½ cup fresh or frozen strawberries
½ TBSP cacao powder
½ tsp honey to sweeten
½ TBSP cacao nibs (optional)

1 serving chocolate protein powder (optional)

A few mint leaves (optional - think mint chocolate chip ice cream)

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