

# Michele Sodon

## SPICY SMOOTHIE

266

Calories

4g

Protein

41g

Carbs

13g

Fat

1 cup green tea, brought to room temp or chilled  
½ cup fresh or frozen blueberries  
½ cup fresh or frozen papaya chunks  
1 TBSP chia seeds or chia seed gel  
½ tsp turmeric  
½ tsp ginger  
¼ tsp cayenne pepper  
½ tsp cinnamon  
A dash of a high quality salt  
A little honey, maple syrup, or stevia to sweeten (optional)

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

## COFFEE REPLACEMENT SMOOTHIE

263

Calories

6g

Protein

20g

Carbs

19g

Fat

½ cup coffee  
½ cup almond milk  
3 TBSP cashews  
½ TBSP coconut oil  
½ TBSP cacao powder  
½ tsp cinnamon  
¼ tsp vanilla extract  
A dash high quality salt  
½ TBSP honey



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