Michele Sodon

BASIC GREEN SMOOTHIE

154	3g	39g	1g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	WATER
1 C	BABY SPINACH
1	BANANA
½ C	BERRIES OF CHOICE (BLUEBERRIES USED FOR NUTRITIONAL INFORMATION)
	A LITTLE HONEY, MAPLE SYRUP, OR STEVIA TO SWEETEN (OPTIONAL)

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

YOGURT SMOOTHIE

131	5g	21g	4g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	WATER
½ C	PLAIN YOGURT (PREFERABLY REGULAR OR FULL-FAT)
½ C	FRESH OR FROZEN STRAWBERRIES
½ TSP	CINNAMON

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