Michele Sodon

CHOCOLATE RASPBERRY PROTEIN SMOOTHIE

328	26g	37g	11g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	RAW MILK OR NUT MILK OF CHOICE (RAW MILK USED FOR NUTRIONAL INFORMATION)
1	BANANA (OPTIONAL FROZEN)
½ C	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	2g	35g	6g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	WATER
1 KIWI	PEELED AND HALVED
1 C	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.