



CHOCOLATE ALMOND BUTTER SMOOTHIE



INGREDIENTS:

- 1 C** 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 FAVOURITE CHOCOLATE PROTEIN POWDER (OPTIONAL)**

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



BLUEBERRY MILKSHAKE SMOOTHIE



INGREDIENTS:

- 1 C** RAW MILK OR NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION)
- ½ C** 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.

