



CHOCOLATE RASPBERRY PROTEIN SMOOTHIE



INGREDIENTS:

- 1 C** RAW MILK OR NUT MILK OF CHOICE
(RAW MILK USED FOR NUTRITIONAL 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



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.

