



# CHOCOLATE RASPBERRY PROTEIN SMOOTHIE

|          |         |       |     |
|----------|---------|-------|-----|
| 328      | 26g     | 37g   | 11g |
| CALORIES | PROTEIN | CARBS | FAT |

**INGREDIENTS:**

|     |   |
|-----|---|
| 1 C | RAW MILK OR NUT MILK OF CHOICE<br>(RAW MILK USED FOR NUTRITIONAL INFORMATION) |
| 1   | BANANA<br>(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.

