



SPICE SMOOTHIE

266

CALORIES

4g

PROTEIN

41g

CARBS

13g

FAT

INGREDIENTS:

- 1 C GREEN TEA, BROUGHT TO ROOM TEMP OR CHILLED
- ½ C FRESH OR FROZEN BLUEBERRIES
- ½ C FRESH OR FROZEN PAPAYA CHUNKS
- 1 TBSP CHIA SEEDS OR CHIA SEED GEL
- ½ TSP TURMERIC
- ½ TSP GINGER
- ¼ TSP CAYENNE PEPPER
- ½ TSP CINNAMON
- A DASH OF A HIGH QUALITY SALT
- A LITTLE HONEY, MAPLE SYRUP, OR STEVIA TO SWEETEN (OPTIONAL)

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



COFFEE REPLACEMENT SMOOTHIE

263

CALORIES

6g

PROTEIN

20g

CARBS

19g

FAT

INGREDIENTS:

- ½ C COFFEE
- ½ C ALMOND MILK
- 3 TBSP CASHEWS
- ½ TBSP COCONUT OIL
- ½ TBSP CACAO POWDER
- ½ TSP CINNAMON
- ¼ TSP VANILLA EXTRACT
- 1 TSP HONEY
- A DASH HIGH QUALITY SALT

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

