



## SWEET DREAMS SMOOTHIE

|          |         |       |     |
|----------|---------|-------|-----|
| 184      | 6g      | 32g   | 5g  |
| CALORIES | PROTEIN | CARBS | FAT |

### INGREDIENTS:

|       |  |
|-------|--|
| ½ C   | WARM RAW MILK<br>(SUBSTITUTE OTHER MILK OF CHOICE) |
| ½     | FRESH BANANA                                       |
| ½ C   | PITTED CHERRIES                                    |
| ½ TSP | NUTMEG   |

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

## RASPBERRY PEACH WATERMELON SMOOTHIE

|          |         |       |     |
|----------|---------|-------|-----|
| 168      | 2g      | 26g   | 8g  |
| CALORIES | PROTEIN | CARBS | FAT |

### INGREDIENTS:

|        |                              |
|--------|------------------------------|
| 1 C    | SEEDED WATERMELON CHUNKS     |
| ½ C    | FRESH OR FROZEN RASPBERRIES  |
| ½ C    | FRESH OR FROZEN PEACH SLICES |
| ½ TBSP | COCONUT OIL                  |
| 3-4    | ICE CUBES (OPTIONAL)         |

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

