

MULTI RECIPE PAGE LAYOUT INCLUDED

Can accommodate 2 or
3 shorter recipes.

SMOOTHIE

BANANA ALMOND BUTTER SMOOTHIE

Ingredients

- 1 frozen banana
- 1 tbsp almond butter
- 1 date
- ¼ cup unsweetened almond milk
- 1 scoop protein powder

Prep Time **5 minutes**

Cook Time **0 minutes**

Makes **1**

Directions

Put all ingredients in a blender and blend until smooth.

Enjoy!

GREEN SMOOTHIE

Ingredients

- 1 cup spinach
- 1 cup water
- 1 frozen banana
- ½ cup frozen pineapple
- ½ cup frozen mango
- 1 scoop protein powder

Prep Time **5 minutes**

Cook Time **0 minutes**

Makes **1**

Directions

Tightly pack spinach in a measuring cup. Add to blender along with the water and blend until smooth. Add frozen ingredients. Blend until smooth. Add protein powder and blend.

Enjoy!

TROPICAL SMOOTHIE

Ingredients

- 500ml coconut milk
- ½ cup frozen mango
- ½ cup frozen pineapple
- ½ orange
- 1 scoop vanilla protein powder

Prep Time **5 minutes**

Cook Time **0 minutes**

Makes **1**

Directions

Put all ingredients in a blender and blend until smooth.

Enjoy!