



BASIC GREEN SMOOTHIE

154	3g	39g	1g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

- 1 C WATER
- 1 C BABY SPINACH
- 1 BANANA
- ½ C BERRIES OF CHOICE
(BLUEBERRIES USED FOR NUTRITIONAL INFORMATION)
- A LITTLE HONEY, MAPLE SYRUP, OR STEVIA TO SWEETEN (OPTIONAL)

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



YOGURT SMOOTHIE

131	5g	21g	4g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

- 1 C WATER
- ½ C PLAIN YOGURT
(PREFERABLY REGULAR OR FULL-FAT)
- ½ C FRESH OR FROZEN STRAWBERRIES
- ½ TSP CINNAMON

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

