

BUILD A Better-For-You SMOOTHIE.

INGREDIENTS

BASE

almond, cashew or coconut milk (unsweetened)
skim milk, soy milk, or coconut water

3/4 - 1 CUP

FRUITS & VEGETABLES

fruit of choice (use frozen fruit for a nice frosty texture)
baby spinach, kale, avocado, or cucumber

3/4 - 1 CUP

PROTEIN

plain greek yogurt, cottage cheese,
or protein powder

1/2 CUP

ADD-INS

chia, flaxseed, nut butter, peanut powder, cocoa powder
spices, honey, maple, or extracts

1 TABLESPOON

PEACH PIE

vanilla almond milk
greek yogurt
peaches
vanilla extract
ground cloves & ginger
cinnamon

CHOCOLATE PB BANANA

cashew milk
chocolate pro powder
banana
pb powder
cocoa powder
vanilla extract

VERRY BERRY

vanilla soy milk
greek yogurt
blueberries & raspberries
spinach
chia seeds & honey
vanilla extract

BLUEBERRY PEACH

vanilla almond milk
greek yogurt
blueberries & peaches
honey
flaxseed & chia
vanilla extract

PB N J

cashew milk
greek yogurt
strawberries
pb powder
ground flaxseed
vanilla extract

GREEN GODDESS

vanilla almond milk
greek yogurt
banana
kale & cucumber
honey
vanilla extract

PINEAPPLE WHIP

vanilla almond milk
vanilla pro powder
pineapple
honey
vanilla extract

KEY LIME PIE

vanilla almond milk
greek yogurt
banana & medjool date
spinach
lime juice & zest
vanilla extract

HAWAIIAN

skim milk
greek yogurt
banana
pineapple
coconut extract

MOCHA DELIGHT

1/2 cup chilled coffee
1/4 cup skim milk
banana
chocolate pro powder
cocoa powder
vanilla extract