



## 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<br>(BLUEBERRIES USED FOR NUTRITIONAL INFORMATION) |
|     | A LITTLE HONEY, MAPLE SYRUP, OR STEVIA<br>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<br>(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.

