



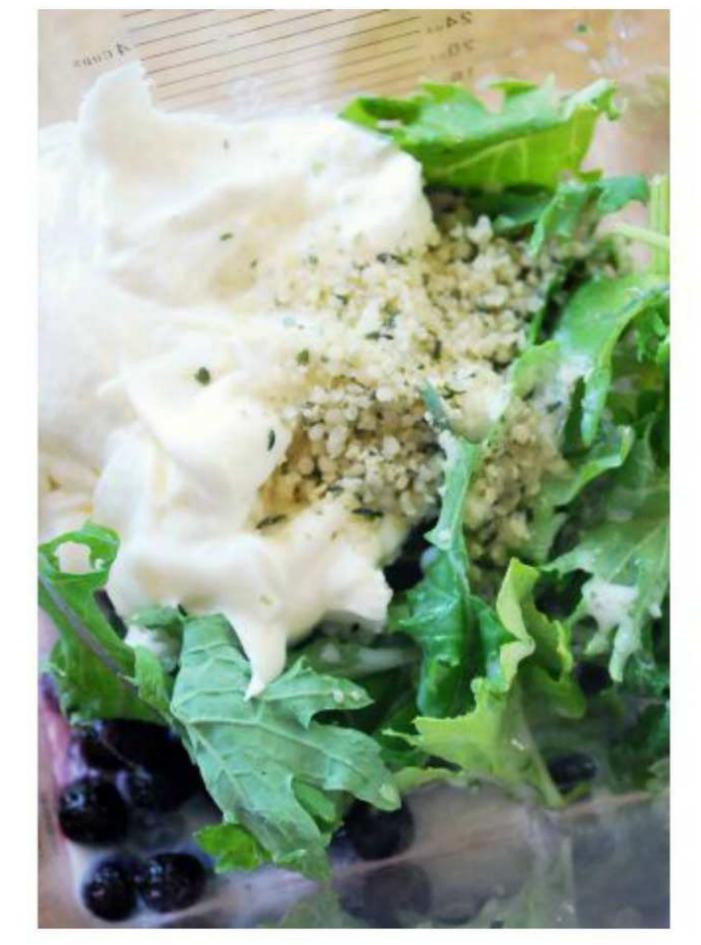
1 cup 2% milk (or unsweetened almond, hemp, rice or soy milk) 6 oz vanilla yogurt 1/4 cup unflavored whey protein powder 1/2 cup frozen cherries 1/4 cup almonds 1 tsp ground golden flaxseed 1/2 cup ice 1 tsp raw honey (or coconut sugar)

Blend until smooth



4 cups baby spinach
3/4 cup unsweetened organic soy
milk or almond milk
1/2 cup pineapple juice
1 cup frozen mango chunks
1 banana
1-2 scoops vanilla protein powder

Blend spinach, milk and pineapple juice until blended. Add remaining ingredients and blend to desired consistency.



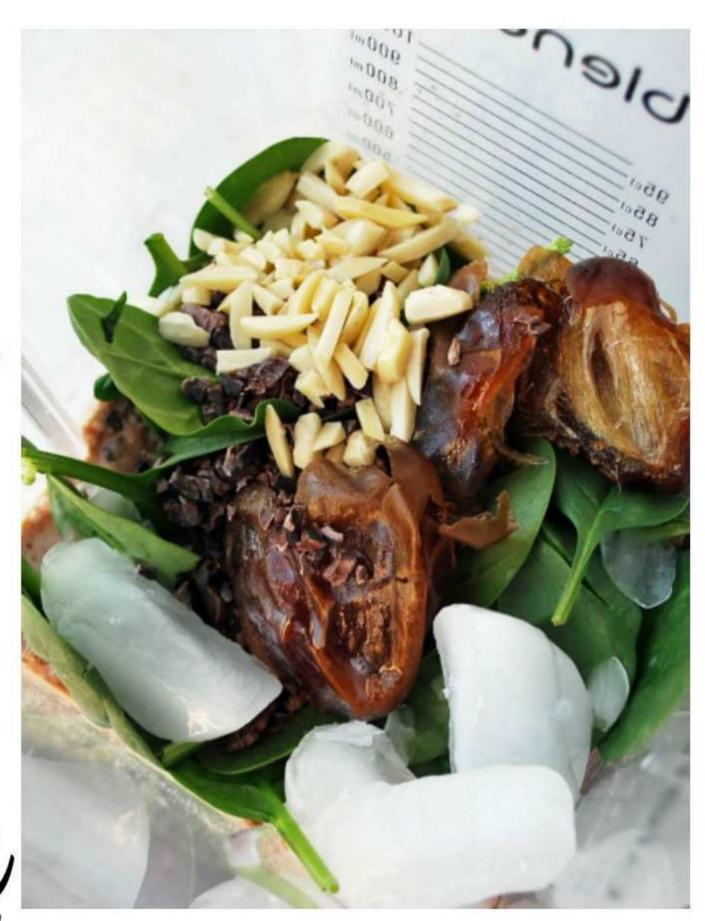


Trapical Blueberry Kale Smaathie

1/2 cup wild frozen blueberries
1/4 cup frozen mango chunks
1/2 cup chopped kale leaves
5.3 oz container of Oikos Triple Zero Vanilla Greek yogurt
1/4 cup Trop50 (low sugar) orange juice or freshly
squeezed orange juice
1/2 cup unsweetened almond milk
1 tbsp raw, shelled hemp seed
a few ice cubes

Blend until smooth

Chacalate Date Supershake



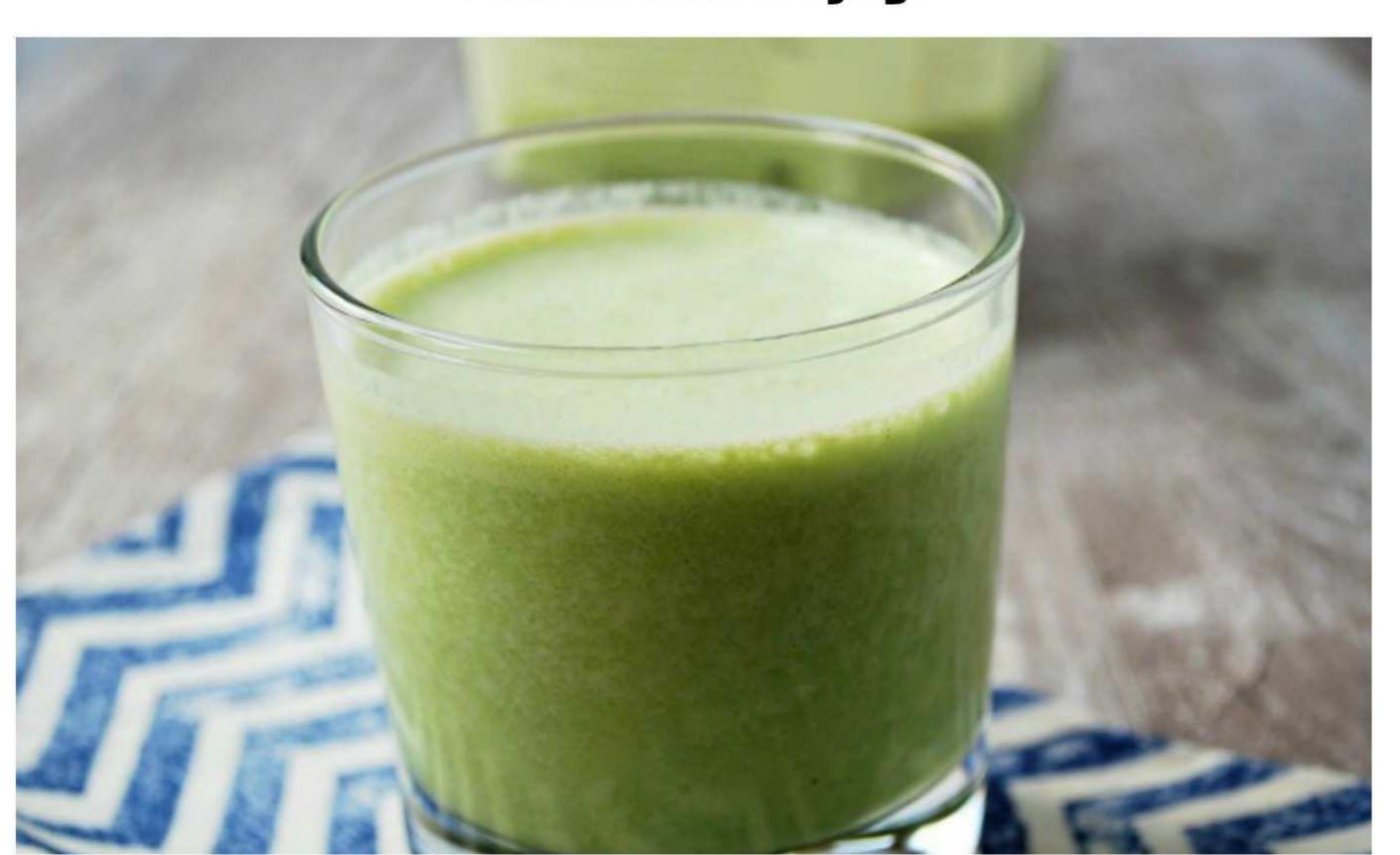
6 oz unsweetened almond milk a few ice cubes 1 scoop chocolate whey protein 1 handful baby spinach leaves (about ½ cup) 2 pitted dates 1 tbsp sliced almonds 2 tsp cacao nibs 1-2 tbsp cacao powder a few ice cubes

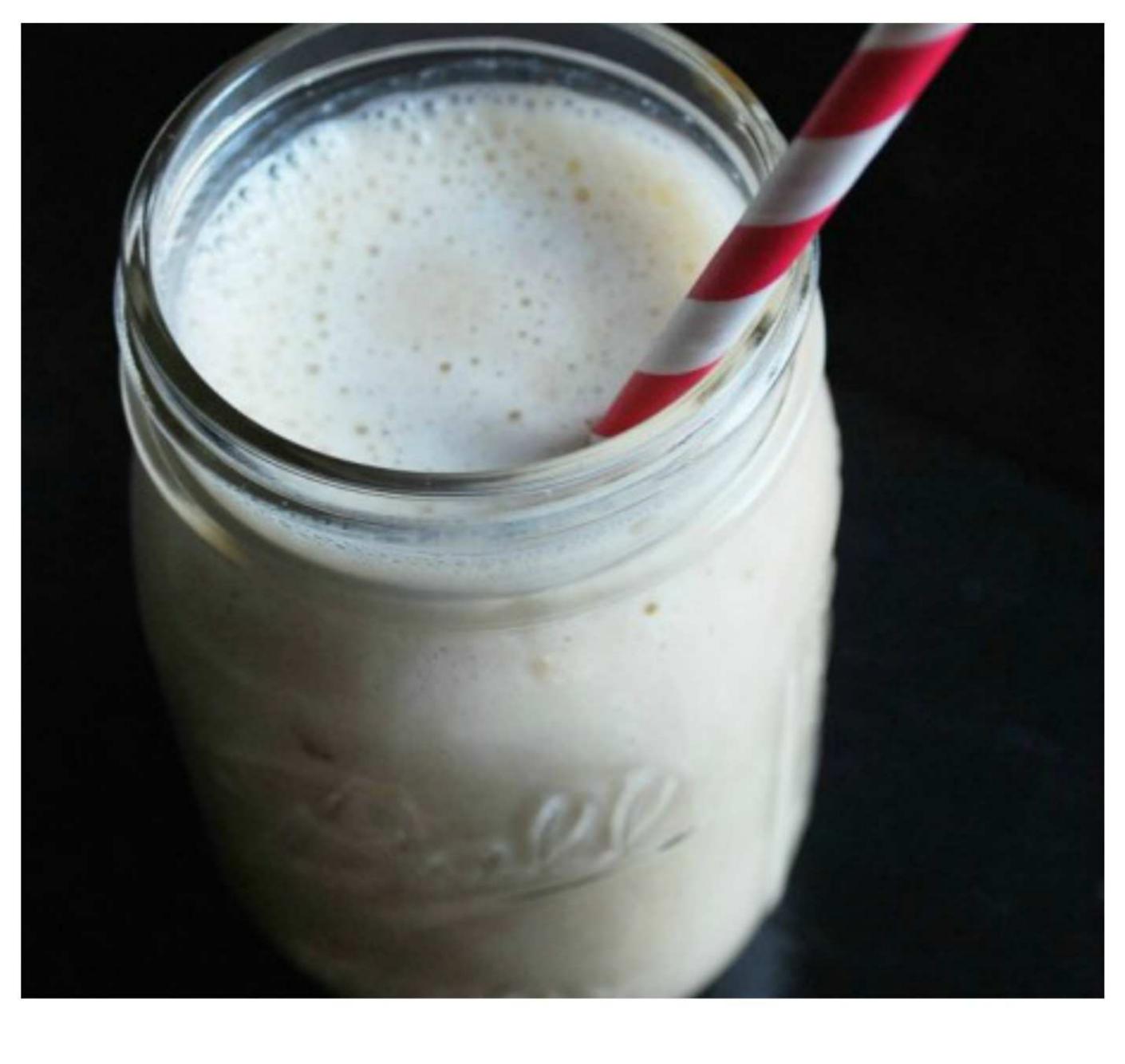


Valilla Marga Supershake

6 oz unsweetened almond milk 1 scoop vanilla whey protein 1 handful (about ½ cup) baby spinach leaves ¼ cup frozen mango 1 tbsp sliced almonds few ice cubes

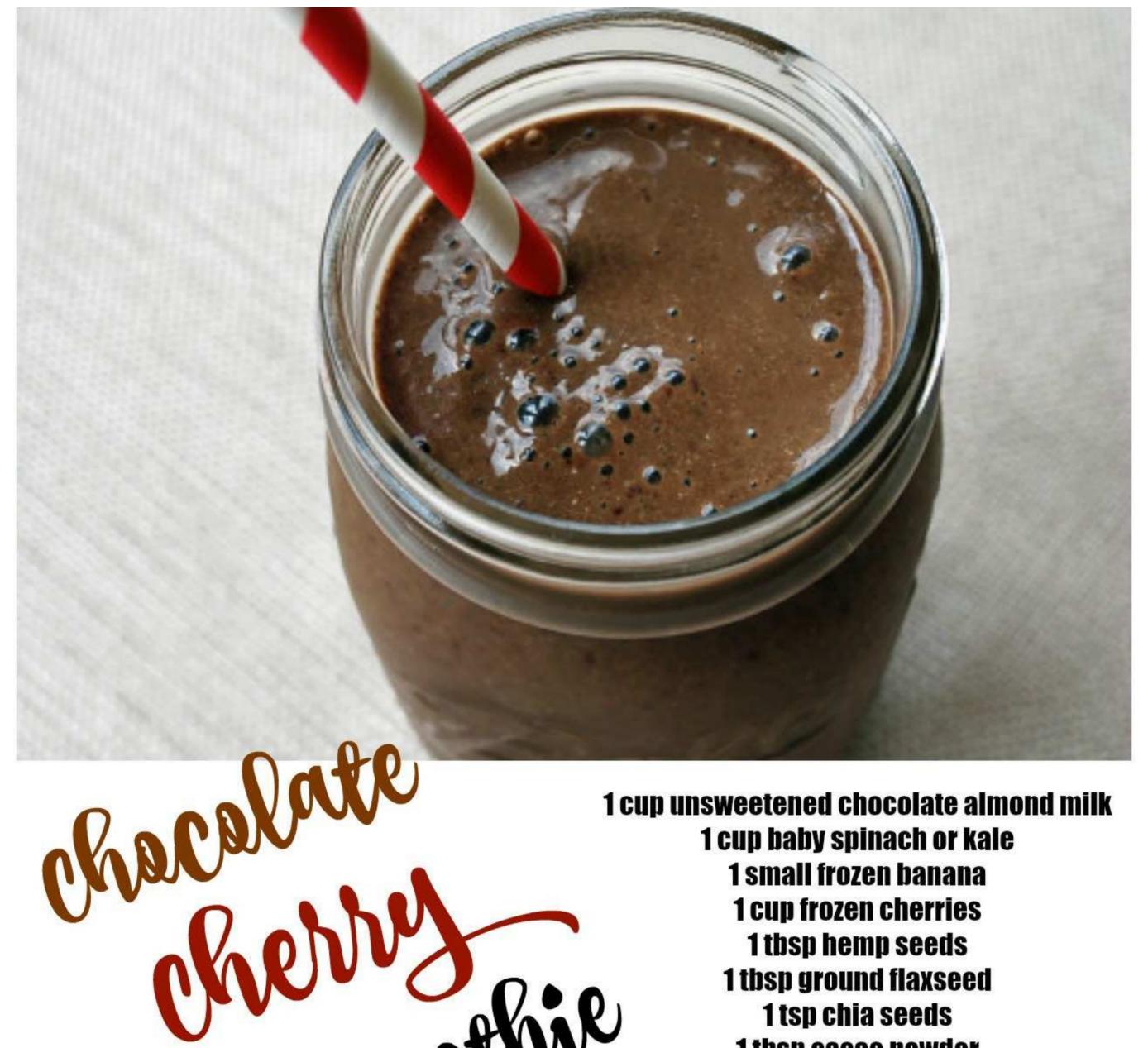
Blend and enjoy.





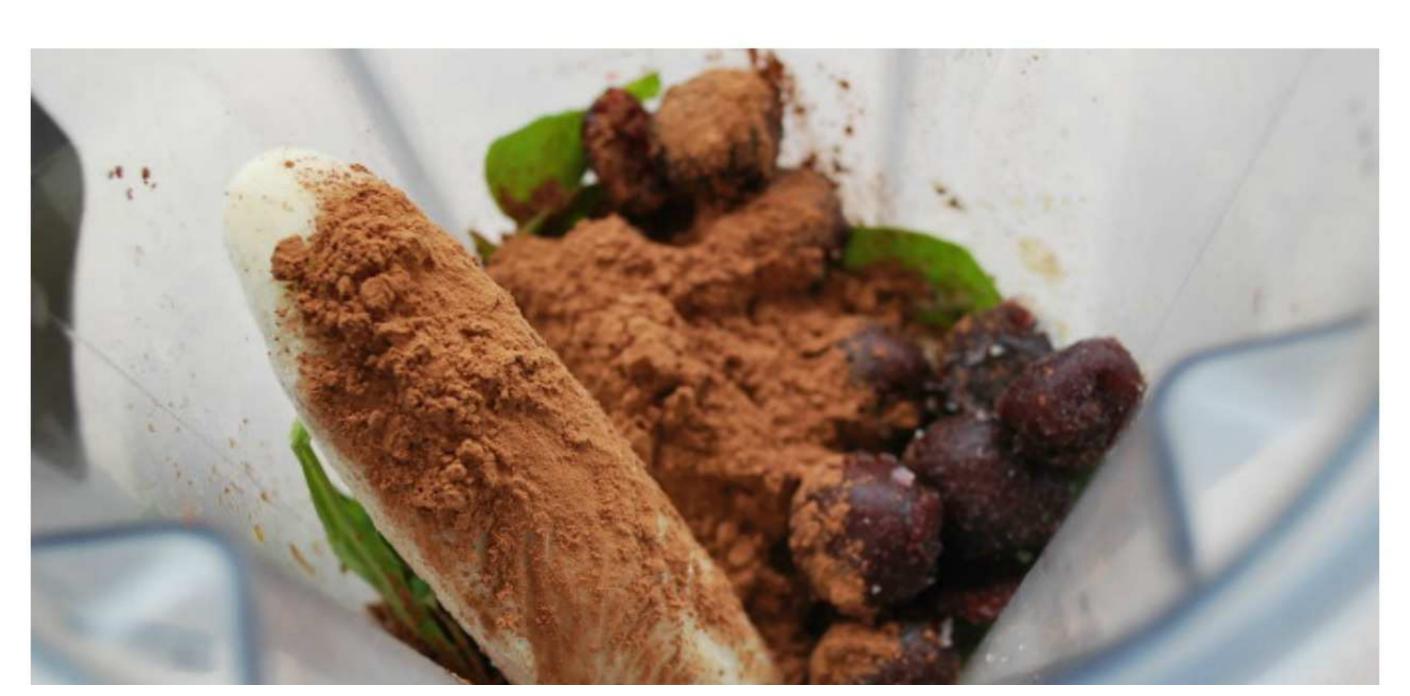
Pearlut Butter Barjarja Proteir Smoothie

1/2 cup ice
8 oz unsweetened almond or soy milk
1 frozen banana
1 scoop unflavored protein powder
2 tbsp powdered peanut butter (such as PB Fit)
*optional:
1 tbsp raw honey
1 tbsp ground golden flaxseed



1 cup unsweetened chocolate almond milk 1 cup baby spinach or kale 1 small frozen banana 1 cup frozen cherries green smaathie 2th 1 thsp hemp seeds 1 tbsp ground flaxseed 1 tsp chia seeds 1 tbsp cacao powder 2 tbsp unflavored whey protein *optional 1 thsp coconut sugar *optional for a sweeter taste a few cubes of ice

Blend and serve.





1 whole frozen banana
1 tbsp coconut cream
1 cup unsweented almond milk
1 scoop plain or vanilla whey protein
powder
1 tbsp ground golden flaxseed
A few ice cubes

Blend until smooth.



¼ cup plain fat-free greek yogurt
¾ cup frozen strawberries or blueberries (or use half and half)
½ frozen banana
1 cup organic unsweetened soy or almond milk
(can also use skim milk)
⅓ cup quick oats, dry
1 cup kale, chopped into small pieces
dash ground cinnamon
1-2 packets stevia sweetener
(can also use agave nectar or raw honey to taste)
3-4 ice cubes.

Blend, drink and feel amazing.



3/4 cup non-fat plain greek yogurt
1 large frozen banana
3/4 cup pineapple juice (no sugar added)
1 large kiwi fruit, peeled and sliced
1 tbsp chia seeds
1 packet stevia (or 1 tbsp honey)

Place all ingredients into a blender or Vitamix and blend until smooth.