



# BASIC GREEN SMOOTHIE



|                 |                |              |            |
|-----------------|----------------|--------------|------------|
| <b>154</b>      | <b>3g</b>      | <b>39g</b>   | <b>1g</b>  |
| <b>CALORIES</b> | <b>PROTEIN</b> | <b>CARBS</b> | <b>FAT</b> |

|                     |  |
|---------------------|--|
| <b>INGREDIENTS:</b> |  |
| <b>1 C</b>          | WATER  |
| <b>1 C</b>          | BABY SPINACH   |
| <b>1</b>            | BANANA   |
| <b>½ C</b>          | BERRIES OF CHOICE<br><small>(BLUEBERRIES USED FOR NUTRITIONAL INFORMATION)</small> |
|                     | 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

|                 |                |              |            |
|-----------------|----------------|--------------|------------|
| <b>131</b>      | <b>5g</b>      | <b>21g</b>   | <b>4g</b>  |
| <b>CALORIES</b> | <b>PROTEIN</b> | <b>CARBS</b> | <b>FAT</b> |

|                     |   |
|---------------------|---|
| <b>INGREDIENTS:</b> |   |
| <b>1 C</b>          | WATER   |
| <b>½ C</b>          | PLAIN YOGURT<br><small>(PREFERABLY REGULAR OR FULL-FAT)</small> |
| <b>½ C</b>          | FRESH OR FROZEN STRAWBERRIES                                    |
| <b>½ TSP</b>        | CINNAMON  |

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

