



BASIC GREEN SMOOTHIE

154

Calories

3g

Protein

39g

Carbs

1g

Fat

1 cup water

1 cup baby spinach

1 banana

½ cup 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

Calories

5g

Protein

21g

Carbs

4g

Fat

½ cup water

½ cup plain yogurt (preferably regular or full-fat)

½ cup fresh or frozen strawberries

½ tsp cinnamon

½ tbsp cinnamon

Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.