



GOJI MANGO SUPERFOOD SMOOTHIE

164

Calories

2g

Protein

25g

Carbs

8g

Fat

- 1 cup water
- 2 TBSP goji berries
- ½ cup frozen mango slices
- ½ TBSP coconut oil

A dash of high quality salt to taste (Celtic sea salt, Redmond salt, Himalayan salt)
Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.

CHOCOLATE AVOCADO SMOOTHIE

377

Calories

12g

Protein

34g

Carbs

24g

Fat

- 1 cup raw milk or nut milk of choice
(raw milk used for nutritional information)
- ½ avocado
- ½ cup fresh or frozen strawberries
- ½ TBSP cacao powder
- ½ tsp honey to sweeten
- ½ TBSP cacao nibs (optional)

1 serving chocolate protein powder (optional)

A few mint leaves (optional - think mint chocolate chip ice cream)

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