



## BASIC GREEN SMOOTHIE









CALORIES

**PROTEIN** 

CARBS

FAT

INGREDIENTS:	
1 C	WATER
1 C	BABY SPINACH
1	BANANA
½ C	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









CALORIES

**PROTEIN** 

CARBS

FAT

WATER

## **INGREDIENTS:** 1 C PLAIN YOGURT (PREFERABLY REGULAR OR FULL-FAT) ½ C

½ C FRESH OR FROZEN STRAWBERRIES

½ TSP CINNAMON

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

