



## CHOCOLATE ALMOND BUTTER SMOOTHIE



### INGREDIENTS:

- |                                                                             |                                                                                                                                                                                                                                                                                      |
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| <p><b>1 C</b></p> <p><b>1</b></p> <p><b>2 TBSP</b></p> <p><b>1 TBSP</b></p> | <p>RAW MILK OR NUT MILK OF CHOICE<br/>(ALMOND USED FOR NUTRITIONAL INFORMATION)</p> <p>FROZEN BANANA</p> <p>ALMOND BUTTER</p> <p>FLAX SEEDS OR CHIA SEEDS<br/>(FLAX USED FOR NUTRITIONAL INFORMATION)</p> <p>1 SERVING OF YOUR FAVOURITE CHOCOLATE<br/>PROTEIN POWDER (OPTIONAL)</p> |
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

## BLUEBERRY MILKSHAKE SMOOTHIE



### INGREDIENTS:

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| <p><b>1 C</b></p> <p><b>½ C</b></p> <p><b>½</b></p> <p><b>½ TSP</b></p> <p><b>½ TSP</b></p> <p><b>½ TBSP</b></p> <p><b>½ TBSP</b></p> | <p>RAW MILK OR NUT MILK OF CHOICE<br/>(ALMOND USED FOR NUTRITIONAL INFORMATION)</p> <p>FROZEN BLUEBERRIES</p> <p>AVOCADO</p> <p>VANILLA EXTRACT</p> <p>CINNAMON</p> <p>HONEY TO SWEETEN</p> <p>MACA (OPTIONAL)</p> |
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

