

**CLASSIC BANANA PEANUT BUTTER
SMOOTHIE: Approx. 300 to 350
calories**



INGREDIENTS

- 1 RIPE BANANA**
- 2 TABLESPOONS NATURAL PEANUT BUTTER**
- 1 CUP ALMOND MILK**
- 1 TABLESPOON FLAXSEEDS**
- 1/2 TEASPOON CINNAMON**

**Coffee Breakfast
Smoothie: Approx. 250 to
300 calories**



INGREDIENTS

- **1 CUP COLD BREWED COFFEE**
- **1/2 CUP ROLLED OATS**
- **1 RIPE BANANA**
- **1 TABLESPOON ALMOND BUTTER**
- **1/2 CUP ALMOND MILK**
- **ICE CUBES (OPTIONAL)**

BERRY SPINACH POWER SMOOTHIE: Approx 250 to 300 calories



INGREDIENTS

- **1 CUP MIXED BERRIES (STRAWBERRIES, BLUEBERRIES, RASPBERRIES)**
- **HANDFUL OF SPINACH**
- **1/2 CUP DAIRY-FREE YOGURT**
- **1 TABLESPOON CHIA SEEDS**
- **1 CUP WATER**

**MANGO COCONUT
PROTEIN SMOOTHIE:
Approx. 300 to 350
calories**



INGREDIENTS

- **1 CUP FROZEN MANGO CHUNKS**
- **1/2 CUP COCONUT MILK**
- **1 SCOOP PLANT-BASED PROTEIN POWDER**
- **1 TABLESPOON SHREDDED COCONUT**

GREEN ENERGY BOOST SMOOTHIE:
Approx. 200 to 250 calories



INGREDIENTS

- **1 CUP KALE OR SPINACH**
- **1/2 CUCUMBER**
- **1/2 AVOCADO**
- **1/2 LEMON (JUICED)**
- **1 TABLESPOON CHIA SEEDS**
- **1 CUP WATER**

OATMEAL COOKIE SMOOTHIE: Approx 300 to 350 calories



INGREDIENTS

- **1/2 CUP ROLLED OATS**
- **1 RIPE BANANA**
- **1 TABLESPOON ALMOND BUTTER**
- **1/2 TEASPOON CINNAMON**
- **1 CUP ALMOND MILK**

CHERRY SMOOTHIE: Approx. 250 to 300 calories



INGREDIENTS

- **1 CUP FROZEN CHERRIES**
- **1/2 CUP ALMOND MILK**
- **1/2 CUP DAIRY-FREE YOGURT**
- **1 TABLESPOON HONEY OR MAPLE SYRUP**
- **1/4 CUP ALMONDS**

**PINEAPPLE MINT
REFRESHER SMOOTHIE:
Approx 200 to 250
calories**



INGREDIENTS

- **1 CUP FROZEN PINEAPPLE CHUNKS**
- **A FEW FRESH MINT LEAVES**
- **1/2 LIME (JUICED)**
- **1/2 CUP COCONUT WATER**
- **ICE CUBES (OPTIONAL)**

**CACAO AND ALMOND
BUTTER SMOOTHIE: Approx.
300 to 350 calories**



INGREDIENTS

- **1 TABLESPOON CACAO POWDER**
- **1 TABLESPOON ALMOND BUTTER**
- **1 CUP ALMOND MILK**
- **1 RIPE BANANA**
- **1 TABLESPOON HEMP SEEDS**

**PROTEIN-PACKED GREEN
SMOOTHIE: Approx. 250 to 300
calories**



INGREDIENTS

- **1 CUP SPINACH**
- **1/2 CUP SILKEN TOFU**
- **1/2 RIPE AVOCADO**
- **1 TABLESPOON HEMP SEEDS**
- **1/2 LEMON (JUICED)**
- **1 CUP ALMOND MILK**