



SWEET DREAMS SMOOTHIE

184

Calories

6g

Protein

32g

Carbs

5g

Fat

½ cup warm raw milk (substitute other milk of choice)

½ fresh banana

½ cup pitted cherries

½ tsp nutmeg

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

RASPBERRY PEACH WATERMELON SMOOTHIE

168

Calories

2g

Protein

26g

Carbs

8g

Fat

1 cup seeded watermelon chunks

½ cup fresh or frozen raspberries

½ cup fresh or frozen peach slices

½ TBSP coconut oil

3 - 4 ice cubes (optional)

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

