



## CHOCOLATE RASPBERRY PROTEIN SMOOTHIE



Calories



Protein



Carbs



Fat

1 cup raw milk or nut milk of choice  
(raw milk used for nutritional information)

½ banana (optionally frozen)

½ raspberries

1 serving of your preferred chocolate protein powder  
(22 grams/per scoop)

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

## KIWI STRAWBERRY BANANA SMOOTHIE



Calories



Protein



Carbs



Fat

1 cup water

1 kiwi, peeled and halved

1 cup fresh or frozen strawberries

½ fresh or frozen banana

1 tsp coconut oil

4 - 6 ice cubes

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