

SMOOTHIES BOOK

GREENS+



GREEN MONSTER

Spinach and Strawberry Smoothie

INGREDIENTS:

Handful of spinach
1 cup frozen strawberries
1 scoop protein powder of your choice
1 scoop Advanced Multi Raw
1/2 cup ice
1 cup Vanilla Almond Milk (sweetened or unsweetened)

DIRECTIONS:

Place all ingredients into blender, blend until smooth and enjoy!



Spinach has a high nutritional value, especially when fresh, frozen, steamed, or quickly boiled.



BERRY BLAST

Berry and Acai Smoothie

INGREDIENTS:

- 1-2 cups mixed berries
- 1/2 cup Sambazon Acai
- 1 scoop Advanced Multi Wild Berry
- 1/2 cup ice
- 1 cup Vanilla Almond Milk (sweetened or unsweetened)

DIRECTIONS:

Place all ingredients into blender, blend until smooth and enjoy!



Berries may be helpful in the prevention of chronic disease, including cancer and heart disease.



ALMOND CHAI

Protein Boost Smoothie

INGREDIENTS:

1-2 heaping teaspoons of Almond Butter
1 scoop Vanilla Protein Powder of your choice
1 scoop Advanced Multi Vanilla Chai
1 frozen banana
1 cup ice
1 cup Vanilla Almond Milk (sweetened or unsweetened)

DIRECTIONS:

Place all ingredients into blender, blend until smooth and enjoy!



Cholesterol reduction is the most celebrated health benefit of almonds.