



SPICE SMOOTHIE

266	4g	41g	13g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

- 1 C** GREEN TEA, BROUGHT TO ROOM TEMP OR CHILLED
- ½ C** FRESH OR FROZEN BLUEBERRIES
- ½ C** FRESH OR FROZEN PAPAYA CHUNKS
- 1 TBSP** CHIA SEEDS OR CHIA SEED GEL
- ½ TSP** TURMERIC
- ½ TSP** GINGER
- ¼ TSP** CAYENNE PEPPER
- ½ TSP** CINNAMON
- A DASH OF A HIGH QUALITY SALT
- A LITTLE HONEY, MAPLE SYRUP, OR STEVIA TO SWEETEN (OPTIONAL)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



COFFEE REPLACEMENT SMOOTHIE

263	6g	20g	19g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

- ½ C** COFFEE
- ½ C** ALMOND MILK
- 3 TBSP** CASHEWS
- ½ TBSP** COCONUT OIL
- ½ TBSP** CACAO POWDER
- ½ TSP** CINNAMON
- ¼ TSP** VANILLA EXTRACT
- 1 TSP** HONEY
- A DASH HIGH QUALITY SALT

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

