



Beth Ann

DICE

GOJI MANGO SUPERFOOD SMOOTHIE

| | | | |
|----------|---------|-------|-----|
| 164 | 2g | 25g | 8g |
| CALORIES | PROTEIN | CARBS | FAT |

INGREDIENTS:

| | |
|---------------|---------------------|
| 1 C | WATER |
| 2 TBSP | GOJI BERRIES |
| ½ C | FROZEN MANGO SLICES |
| ½ TBSP | COCONUT OIL |

A DASH OF HIGH QUALITY SALT TO TASTE (CELTIC SEA SALT, REDMOND SALT, HIMALAYAN SALT) PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

CHOCOLATE AVOCADO SMOOTHIE

| | | | |
|----------|---------|-------|-----|
| 377 | 12g | 34g | 24g |
| CALORIES | PROTEIN | CARBS | FAT |

INGREDIENTS:

| | |
|---------------|---|
| 1 C | RAW MILK OR NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION) |
| ½ | AVOCADO |
| ½ C | FRESH OR FROZEN STRAWBERRIES |
| ½ TBSP | CACAO POWDER |
| ½ TSP | HONEY TO SWEETEN |
| ½ TBSP | CACAO NIBS (OPTIONAL) |
| | 1 SERVING CHOCOLATE PROTEIN POWDER (OPTIONAL) |
| | A FEW MINT LEAVES (OPTIONAL - THINK MINT CHOCOLATE CHIP ICE CREAM) |

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

