



Lifestyle Wellness Academy

CHOCOLATE ALMOND BUTTER SMOOTHIE

352	11g	36g	21g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

- 1 C NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION)
- 1 FROZEN BANANA
- 2 TBSP ALMOND BUTTER
- 1 TBSP FLAX SEEDS OR CHIA SEEDS (FLAX USED FOR NUTRITIONAL INFORMATION)
- 1 SERVING OF YOUR FAVOURITE CHOCOLATE PROTEIN POWDER (OPTIONAL)

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



BLUEBERRY MILKSHAKE SMOOTHIE

278	4g	30g	21g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

- 1 C RAW MILK OR NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION)
- ½ C FROZEN BLUEBERRIES
- ½ AVOCADO
- ½ TSP VANILLA EXTRACT
- ½ TSP CINNAMON
- ½ TBSP HONEY TO SWEETEN
- ½ TBSP MACA (OPTIONAL)

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

