



Lifestyle Wellness Academy

SWEET DREAMS SMOOTHIE



INGREDIENTS:

½ C	WARM RAW MILK (SUBSTITUTE OTHER MILK OF CHOICE)
½	FRESH BANANA
½ C	PITTED CHERRIES
½ TSP	NUTMEG

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



RASPBERRY PEACH WATERMELON SMOOTHIE



INGREDIENTS:

1 C	SEEDED WATERMELON CHUNKS
½ C	FRESH OR FROZEN RASPBERRIES
½ C	FRESH OR FROZEN PEACH SLICES
½ TBSP	COCONUT OIL
3-4	ICE CUBES (OPTIONAL)

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

