



Fitness Aspects

For the Body & Mind

SWEET DREAMS SMOOTHIE

184	6g	32g	5g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

<p>½ C</p> <p>½</p> <p>½ C</p> <p>½ TSP</p>	<p>WARM RAW MILK <small>(SUBSTITUTE OTHER MILK OF CHOICE)</small></p> <p>FRESH BANANA</p> <p>PITTED CHERRIES</p> <p>NUTMEG</p>
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

RASPBERRY PEACH WATERMELON SMOOTHIE

168	2g	26g	8g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

<p>1 C</p> <p>½ C</p> <p>½ C</p> <p>½ TBSP</p> <p>3-4</p>	<p>SEEDED WATERMELON CHUNKS</p> <p>FRESH OR FROZEN RASPBERRIES</p> <p>FRESH OR FROZEN PEACH SLICES</p> <p>COCONUT OIL</p> <p>ICE CUBES (OPTIONAL)</p>
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

