



Lifestyle Wellness Academy

## BLUEBERRY BANANA SMOOTHIE

|          |         |       |     |
|----------|---------|-------|-----|
| 147      | 2g      | 38g   | 1g  |
| CALORIES | PROTEIN | CARBS | FAT |

### INGREDIENTS:

|     |                     |
|-----|---------------------|
| 1 C | WATER               |
| 1   | BANANA              |
| ½ C | BLUEBERRIES, FROZEN |

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

## BERRY BLAST SMOOTHIE

|          |         |       |     |
|----------|---------|-------|-----|
| 137      | 3g      | 26g   | 4g  |
| CALORIES | PROTEIN | CARBS | FAT |

### INGREDIENTS:

|     |  |
|-----|--|
| 1 C | ALMOND MILK<br>(CAN SUBSTITUTE OTHER NUT MILK) |
| ½ C | FRESH OR FROZEN STRAWBERRIES                   |
| ½ C | FRESH OR FROZEN RASPBERRIES                    |
| ½ C | FRESH OR FROZEN BLUEBERRIES                    |
| 4-6 | ICE CUBES                                      |

TWEAK THIS RECIPE BY USING THE BERRIES OF YOUR CHOICE OR THAT ARE LOCAL TO YOU AS WELL AS LARGER OR SMALLER PORTIONS OF EACH BERRY. PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

