

SMOOTHIE PACKS

Each makes 1 smoothie

INGREDIENTS

Berry Nutty

- 2 cups spinach
- 1 Tbls. nut butter
- 1 cup mixed berries
- 1 Tbls. chia seed
- 1 Tbls. flax seed
- 1 serving protein powder

Tropical Citrus

- 2 cups spinach or kale
- 1 Tbls. nut butter
- ½ banana, sliced
- 1 clementine
- 1/3 cup diced mango
- 2 Tbls. unsweetened coconut
- 1 serving protein powder

Peach Pie

- 1 cup diced peaches
- ½ cup plain Greek yogurt
- ½ tsp. cinnamon
- ½ tsp. vanilla
- 1 serving protein powder

Pina Colada

- 1 cup kale
- ½ banana
- ½ cup pineapple chunks
- 2 Tbls. chia seeds
- 2 Tbls. unsweetened coconut
- ¼ tsp. nutmeg



INSTRUCTIONS

1. Place all ingredients into a Ziploc bag and store up to 1 month in the freezer.
2. When ready to enjoy, dump bag contents into a blender with ½ to 1 cup favorite milk.