



LIFESTYLEWELLNESSPRO.COM

SWEET DREAMS SMOOTHIE

184

CALORIES

6g

PROTEIN

32g

CARBS

5g

FAT

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

168

CALORIES

2g

PROTEIN

26g

CARBS

8g

FAT

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.

