



Protein-Rich Smoothie Recipes

Banana Berry 18 Grams of PROTEIN

1 banana
¼ c. mixed berries (with some dark colored berries)
½ c. plain (unsweetened) Greek yogurt
1 c. milk
1 leaf of kale-de-stem

Tropical Smoothie 11.2 Grams of PROTEIN

½ c. frozen mango
2 T ground flax meal
1/8 c. shredded coconut
1 c. milk

Peanut Butter and Jelly Smoothie 15 Grams of PROTEIN

½ c. mixed berries
2 T peanut or nut butter
1 banana (optional)
1 c. milk

*****Sneak a green leafy vegetable or sprouts in any of the above*****

You can add/substitute the following to any of the above recipes:

2 T nut butter: 7 grams protein
½ t. cinnamon or vanilla extract
2 T ground flax meal: 3.2 grams protein
Greek yogurt (plain and unsweetened): 10 grams protein
Pomegranate powder and/or vitamin c powder
Omega 3 oil (flax, hemp, cod liver)