## PROTEIN SMOOTHIE VARIETIES

## **Tropical Sunrise**

- ❖ 1 banana
- ❖ ½ cup Greek yogurt
- ❖ ½ cup orange juice
- ❖ ¼ cup pineapple
- ❖ ½ cup milk



- ½ cup fresh/frozen mixed berries
- ❖ 1/3 cup cottage cheese
- ❖ ½ cup milk
- ❖ 1 Tablespoon preferred sweetener





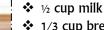
- ❖ 1 scoop vanilla protein powder
- ❖ 2/3 cup milk
- ❖ ½ teaspoon cinnamon
- 1 Tablespoon maple syrup
- ❖ ¼ cup canned pumpkin

## **Green Machine**

- 1 banana
- 1 scoop vanilla protein powder
- 1 handful fresh spinach leaves
- ❖ ¼ avocado
- 1 cup milk

## **Pumpkin Spice**





- ❖ 1/3 cup brewed coffee
- ❖ 1-2 Tablespoons cocoa powder or chocolate syrup
- ❖ 1/3 cup cottage cheese



- 1 large banana
- ❖ ¾ cup Greek yogurt
- ❖ ¾ cup milk
- 1 Tablespoon honey (or preferred sweetener)
- 1 Tablespoon peanut butter



