

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

Berry Blast



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

Pumpkin Spice

Green Machine

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



Peanut Butter Banana Blitz

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

- ❖ ½ cup milk
- ❖ 1/3 cup brewed coffee
- ❖ 1-2 Tablespoons cocoa powder or chocolate syrup
- ❖ 1/3 cup cottage cheese

Café Mocha Madness

