



# *Smoothie*

## Recipe Cards

# Blackberry



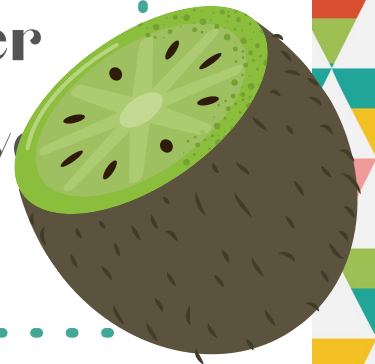
**1/2 Cup Low Carb Milk**

**3/4 Cup Blackberries**

**2 Tablespoons Peanut Butter**

**1 Scoop Low Carb Protein Powder**

**2 Cups Ice Cubes**



# Strawberry



**3/4 Cup Strawberries**

**1 Cup Greek Yogurt**

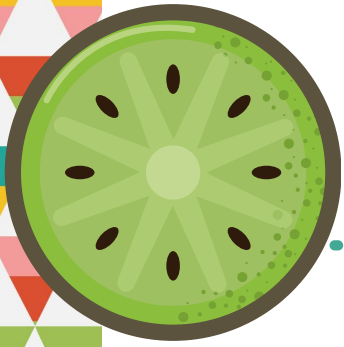
**1 Cup Low Carb Milk**

**3/4 Cup Ice**

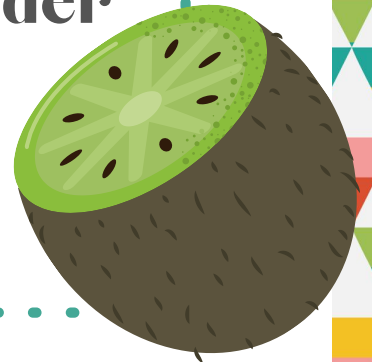
**Mint**



# Green



- 1/2 Avocado**
- 1 Cup Spinach**
- 1 Scoop Vanilla Protein Powder**
- 1/2 Cup Low Carb Milk**
- 5-6 Leaves Mint**



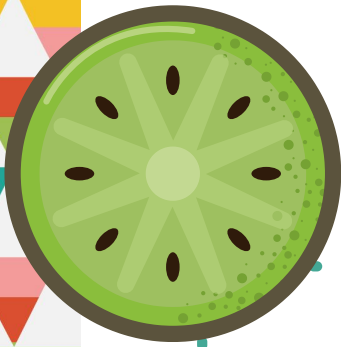
# Raspberry



- 3/4 Cup Raspberries**
- Juice From 1 Lemon**
- 1 Cup Spinach**
- 1 Scoop Vanilla Protein Powder**
- 1 Cup Low Carb Milk**
- 3/4 Cup Ice**



# Chocolate



**1 Scoop Chocolate Protein Powder**

**1/2 Avocado**

**2 Cups Low Carb Milk**

**1 Cup Ice**



# Blueberry



**1/2 Cup Blueberries**

**1 Cup Greek Yogurt**

**1 Cup Low Carb Milk**

**1/4 Cup Coconut**

