IMF IMpowered Fitness

CHOCOLATE ALMOND BUTTER SMOOTHIE

352	11g	36g	21g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	NUT MILK OF CHOICE (ALOMOND USED FOR NUTRITIONAL INFORMATION)
1	FROZEN BANANA
2 TBSP	ALMOND BUTTER
1 TBSP	FLAX SEEDS OR CHIA SEEDS (FLAX USED FOR NUTRITIONAL INFORMATION)
	1 SERVING OF YOUR FAVOURITE CHOCOLATE PROTEIN POWDER (OPTIONAL)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

BLUEBERRY MILKSHAKE SMOOTHIE

278	4g	30g	21g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	RAW MILK OR NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION)
½ C	FROZEN BLUEBERRIES
½	AVOCADO
½ TSP	VANILLA EXTRACT
½ TSP	CINNAMON
½ TBSP	HONEY TO SWEETEN
½ TBSP	MACA (OPTIONAL)

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.