IMF IMpowered Fitness

GOJI MANGO
SUPERFOOD SMOOTHIE

164	2g	25g	8g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	WATER
2 TBSP	GOJI BERRIES
½ C	FROZEN MANGO SLICES
½ TBSP	COCONUT OIL

A DASH OF HIGH QUALITY SALT TO TASTE (CELTIC SEA SALT, REDMOND SALT, HIMALAYAN SALT) PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

CHOCOLATE
AVOCADO SMOOTHIE

377	12g	34g	24g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	RAW MILK OR NUT MILK OF CHOICE (ALMOND USED FOR NUTRITIONAL INFORMATION)
½	AVOCADO
½ C	FRESH OR FROZEN STRAWBERRIES
½ TBSP	CACAO POWDER
½ TSP	HONEY TO SWEETEN
½ TBSP	CACAO NIBS (OPTIONAL)
	1 SERVING CHOCOLATE PROTEIN POWDER (OPTIONAL)
	A FEW MINT LEAVES (OPTIONAL - THINK MINT CHOCOLATE CHIP ICE CREAM)

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