IMF IMpowered Fitness

SPICE SMOOTHIE

266	4g	41g	13g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	GREEN TEA, BROUGHT TO ROOM TEMP OR CHILLED
½ C	FRESH OR FROZEN BLUEBERRIES
½ C	FRESH OR FROZEN PAPAYA CHUNKS
1 TBSP	CHIA SEEDS OR CHIA SEED GEL
½ TSP	TURMERIC
½ TSP	GINGER
¼ TSP	CAYENNE PEPPER
½ TSP	CINNAMON
	A DASH OF A HIGH QUALITY SALT
	A LITTLE HONEY, MAPLE SYRUP, OR STEVIA TO SWEETEN (OPTIONAL)

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

COFFEE REPLACEMENT SMOOTHIE

263	6g	20g	19g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

½ C	COFFEE
½ C	ALMOND MILK
3 TBSP	CASHEWS
½ TBSP	COCONUT OIL
½ TBSP	CACAO POWDER
½ TSP	CINNAMON
¼ TSP	VANILLA EXTRACT
1 TSP	HONEY
	A DASH HIGH QUALITY SALT

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