IMF IMpowered Fitness

SWEET DREAMS SMOOTHIE

184	6g	32g	5g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

½ C	WARM RAW MILK (SUBSTITUTE OTHER MILK OF CHOICE)
½	FRESH BANANA
½ C	PITTED CHERRIES
½ TSP	NUTMEG

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

RASPBERRY PEACH WATERMELON SMOOTHIE

168	2g	26g	8g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	SEEDED WATERMELON CHUNKS
½ C	FRESH OR FROZEN RASPBERRIES
½ C	FRESH OR FROZEN PEACH SLICES
½ TBSP	COCONUT OIL
3-4	ICE CUBES (OPTIONAL)

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