

Smoothie Recipes

Sandy's Chocolate Peanut Butter Protein Shake

1 cup Almond Milk (unsweetened Original or Vanilla)
1/2 tsp Cocoa Powder
1 tbl Peanut Butter
1 tbl Flaxseed (ground)
1/2 Banana (frozen)
1 scoop Chocolate Protein Powder

Nutritional Facts for 8 oz serving:

397 calories, 16 grams fat, 40 mg cholesterol
29 grams protein, 33 carbs

Domenica's 3 Melon Smoothie

2 cups Watermelon (cubed)
1 cup Honeydew (cubed)
1 cup Cantaloupe (cubed)
1/2 cup ice
1/2 cup Italian Sparkling Water

Nutritional Facts for 8 oz serving:

66 calories, 0.5 grams fat, 0 mg cholesterol
1 gram of protein, 13.1 carbs

Jack's Frozen Berry Medley

Fresh Banana
Fresh Ground Ginger
Fresh squeezed Lime Juice
Plain non-fat Yogurt
Orange Juice
Bit of Honey/1 scoop of Whey Protein

Nutritional Facts for 8 oz serving:

470 calories, 2 gram fat, 24 mg cholesterol
49 grams protein, 79 carbs

Marina's Peach-Mango Smoothie

2 fresh Peaches
1 fresh Mango
1 cup Peach-Mango Nectar
1/2 cup Vanilla low-fat yogurt
1/2 cup ice
Squeeze of fresh Lemon

Nutritional Facts for 8 oz serving:

160 calories, 1 gram fat, 3 mg cholesterol
3 grams protein, 36 carbs

