



ANN'S FAVORITE SMOOTHIE RECIPES

Your home for quick breakfasts...

CHOCOLATE-CHERRY

- 1 Serving Chocolate Collagen Protein Powder
 - 2 cups almond milk
 - 1 cup frozen cherries
 - 1 T. almond butter
 - 2 T. chia seeds
- Blend and Enjoy!!

PEACH-BERRY

- 1 serving vanilla protein powder
 - 2 cups almond milk
 - 1/2 cup frozen blueberries
 - 1/2 cup frozen peaches
 - 1 T. almond butter
 - 2 T. flax seeds
- Blend and Enjoy!!

MIXED BERRY

- 1 serving vanilla protein powder
 - 1 cup coconut milk
 - 1 cup frozen triple berry blend
 - 1/2 ripe avocado
 - 2 T. flax seeds
- Blend and Enjoy!!

PINK MILKSHAKE

- 1 serving vanilla protein powder
 - 1 .5 cups coconut milk
 - 1 cup frozen strawberries
 - 1/2 t. vanilla extract
 - 2 T. chia seeds
- Blend and Enjoy!!

