

# RECIPE

TITLE

Fruit of the Angels  
Smoothie

NOTES

Put all ingredients in a  
blender.

Blend until smooth.



INGREDIENTS

meat from 1/2 a papaya

1/2 banana

1-2 tsp ground turmeric

squeeze of fresh lime

1-2 TB shredded coconut

coconut milk or coconut water  
to desired consistency

add kale or spinach (optional)

add vanilla protein powder  
(optional)



# RECIPE

TITLE

Black Forest Smoothie

NOTES

Put all ingredients in a  
blender.

Blend until smooth.



INGREDIENTS

8 oz unsweetened almond milk

1/2 cup frozen cherries

1/2 tsp vanilla extract

1 TB almond or nut buttter

2 TB shredded coconut

1 scoop chocolate protein  
powder

1/4 cup kale (optional)





# RECIPE

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TITLE

Chai Protein Smoothie

NOTES

Put all ingredients in a  
blender.

Blend until smooth.

Thicker: frozen banana.

Too thick: add water to get  
desired consistency.



INGREDIENTS

1 scoop vanilla protein

8 oz of almond milk or milk

1 TB almond or nut buttter

1/4 banana

1/4 tsp ground nutmeg

1/4 tsp ground ginger

1/2 tsp ground cinnamon

1/4 tsp ground cardamom (or  
you can sub 1/8 tsp nutmeg  
plus 1/8 tsp cinnamon)

