



## SWEET DREAMS SMOOTHIE

|          |         |       |     |
|----------|---------|-------|-----|
| 184      | 6g      | 32g   | 5g  |
| CALORIES | PROTEIN | CARBS | FAT |

### INGREDIENTS:

|   |  |
|---|--|
| <p>½ C</p> <p>½</p> <p>½ C</p> <p>½ TSP</p> | <p>WARM RAW MILK<br/><small>(SUBSTITUTE OTHER MILK OF CHOICE)</small></p> <p>FRESH BANANA</p> <p>PITTED CHERRIES</p> <p>NUTMEG</p> |
|---|--|

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:

|   |   |
|---|---|
| <p>1 C</p> <p>½ C</p> <p>½ C</p> <p>½ TBSP</p> <p>3-4</p> | <p>SEEDED WATERMELON CHUNKS</p> <p>FRESH OR FROZEN<br/>RASPBERRIES</p> <p>FRESH OR FROZEN<br/>PEACH SLICES</p> <p>COCONUT OIL</p> <p>ICE CUBES (OPTIONAL)</p> |
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