

BREAKFAST SMOOTHIE RECIPES



CHOCOLATE ALMOND SMOOTHIE

- Almond milk
- Cocoa powder
- Almond butter
- Chia seeds
- Frozen banana



STRAWBERRY BANANA SMOOTHIE

- Greek yogurt
- Milk
- Banana
- Frozen strawberries



ENERGY SMOOTHIE

- Almond milk
- Coffee
- Date syrup
- Protein powder
- Rolled oats
- Frozen banana



GREEN SMOOTHIE

- Milk
- Spinach
- Apple
- Frozen banana
- Medjool date



BLUEBERRY BANANA SMOOTHIE

- Greek yogurt
- Milk
- Medjool date
- Banana
- Frozen blueberries



OATMEAL SMOOTHIE

- Greek yogurt
- Milk
- Rolled oats
- Cinnamon
- Medjool date
- Frozen banana

Smoothies Recipe Proteins

Deborah Holgers



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