

# SHAKE UP THAT SMOOTHIE ROUTINE

<p><b>Mocha Protein Shake Recipe</b></p> <p>1/2 cup unsweetened almond or cashew milk            1 scoop chocolate protein            1/2 cup concentrated cold brew coffee (do not water it down), or really strong coffee, chilled            1 cup ice            Instant coffee powder (optional)            Chocolate shavings (optional)</p>	<p><b>A Superfoods Smoothie</b></p> <p>1 ripe banana            1 cup of frozen blueberries, blackberries, strawberries or raspberries.            1 cup of spinach            1 cup of kale            3/4 of a cup of water/almond milk/ coconut water/ kefir/ Greek yogurt            1 tablespoon of chia seeds            1 tablespoon of flax meal            1 teaspoon of hemp protein powder            Optional: 2 medjool dates (this sweetens it)</p>
<p><b>Chocolate Peanut Butter Protein Shake Recipe</b></p> <p>1/2 scoop chocolate protein powder (100)            1 cup unsweetened almond milk (35)            1 banana (105)            1 tablespoons peanut butter (94)            3-5 ice cubes</p>	<p><b>Chocolate Peanut Butter Fudge Overnight Oats</b></p> <p>1/2 very ripe banana            1/2 cup pumpkin puree            1-2 tablespoons <a href="#">Dark Chocolate Dreams</a> peanut butter            1.5 tablespoons cocoa powder            1/2 tablespoon chia seeds            1/2 teaspoon vanilla extract            1/3 cup rolled oats            1/2 cup almond milk            1/2 tablespoon maple syrup, or to taste            Chopped nuts, chocolate chips and/or peanut butter, to serve</p>
<p><b>Banana-Oat Protein Smoothie</b></p> <p>1/2 scoop vanilla protein powder            2 tablespoons rolled oats            1 banana</p>	<p><b>Overnight Oats with a Blueberry-Cashew Cream</b></p> <p>1/2 banana mashed            1/2 cup oats            1/4 cup almond milk</p>

<p>1 cup unsweetened almond milk          ½ cup cold water          1 teaspoon honey          ¼ teaspoon cinnamon          4 ice cubes</p>	<p>1 tablespoon chia seeds          1 tablespoon flaxseeds</p> <p><b>BLUEBERRY-BANANA CASHEW CREAM:</b>          1/2 banana (frozen if possible)          1/2 cup blueberries          1 medjool date          2 tablespoons cashew nuts          2-4 tablespoons of water/ dairy free milk</p>
<p><b>Sweet Spinach (or Kale) Smoothie</b>          6 ounces plain nonfat Greek yogurt          2 cups spinach leaves, packed          1 ripe pear, peeled, cored, and chopped          15 green or red grapes          2 tablespoons chopped avocado          1 to 2 tablespoons freshly squeezed lime juice</p>	<p><b>Tropical Morning Smoothie</b>          6 ounces plain nonfat Greek yogurt (*you won't be able to taste this as it'll adapt the other flavors within the smoothie)          1/4 cup fresh or frozen mango chunks          1/4 cup fresh pineapple chunks          1/2 frozen banana, chopped          2 tablespoons ground flaxseed</p>
<p><b>Carrot Cake Overnight Protein Oatmeal</b>          3/4 cup Unsweetened almond milk (or milk of choice)          1/2 cup Plain low fat Greek yogurt (or mashed banana, applesauce or pumpkin)          1/2 cup Grated carrots (I used one large carrot)          1/4 tsp Salt (or to taste)          1/2 tsp Cinnamon          1/2 tsp Apple pie spice          2 tbs Baking stevia (or 1/4 cup sweetener) [1]          1 cup Old fashioned oats          1/4 cup Protein powder (or additional oats)          Optional: Toppings of choice</p>	