

Protein Smoothies

Chocolate Cherry & Peach Ginger

Chocolate Cherry Smoothie

Ingredients:

1 scoop of protein powder
¾ cup frozen dark cherries
¾ cup almond milk, unsweetened
2 to 3 ice cubes
1 Tbsp. ground flax seeds
Small handful of spinach
2 Tbsp. dark cocoa, natural and unsweetened

Cacao nibs

Put all ingredients in blender. Blend on high. Sprinkle top of smoothie with cacao nibs.

Peach Ginger Smoothie

Ingredients:

1 scoop of protein powder
1/4 cup frozen sliced peaches
1 cup of almond milk, unsweetened
1 chunk of fresh ginger root
1 Tbsp. chia seeds
Small handful of Swiss chard
Put all ingredients in blender. Blend on high.