

PROTEIN SMOOTHIE

Instructions

Blend together:

- 2 cups plain A2 milk, rice milk, almond milk, or hemp milk (preferably not sweetened or flavored)
- 4 tablespoons of Vital Protein Collagen Peptides
- 1 cup of fruit

POWER PACKED OPTIONS FOR BETTER HEALTH

- Add 1 heaping Tablespoon of ground flaxseed or fiber supplement for bowel and heart health.
- Add some healthy fats for brain and heart health.
 - 1-2 Tbsp of almond or cashew butter or
 - 1 tsp of fish oil or
 - 1 Tbsp of flaxseed oil.
- Add frozen berries or a frozen banana for a frosty shake.
- Add 1 cup low fat yogurt in place of one cup of liquid for a thicker creamier shake.
- Add ½ tsp or 1-2 opened capsules of probiotic powder (good bacteria) for immune and gut health.
- Consider sweetening with natural alternative sweeteners like Xylitol or Stevia. These sweeteners do not add calories or increase blood sugar levels and can be found at your local health food store.

RECIPES

Ingredients (blend together)	TROPICAL SMOOTHIE	RASPBERRY MOCHA	BASIC BERRY	NUTTY MONKEY
Milk/Liquid	<ul style="list-style-type: none"> • 1 cup Hemp Milk • 1 cup coconut milk (low fat) 	<ul style="list-style-type: none"> • 1 1/2 rice milk • 1/2 cup decaf coffee (cooled) 	<ul style="list-style-type: none"> • 2 cups soy milk 	<ul style="list-style-type: none"> • 2 cups almond milk
Protein	<ul style="list-style-type: none"> • 1 scoop Rice Protein Concentrate 	<ul style="list-style-type: none"> • 2 scoops Whey Protein Powder 	<ul style="list-style-type: none"> • 1 scoop Rice Protein Concentrate 	<ul style="list-style-type: none"> • 2 scoops Whey Protein Powder
Fruit	<ul style="list-style-type: none"> • 1/2 cup frozen pineapple • 1 frozen banana 	<ul style="list-style-type: none"> • 1 cup frozen raspberries 	<ul style="list-style-type: none"> • 1 cup frozen blue berries 	<ul style="list-style-type: none"> • 1 frozen banana
Power Packed Option	<ul style="list-style-type: none"> • 1 Tbsp flaxseed oil • sprinkle with nutmeg 	<ul style="list-style-type: none"> • 1 Tbsp fiber • 1 Tbsp chocolate powder (dark, unsweetened) • 2 tsp xylitol 	<ul style="list-style-type: none"> • 1 tsp fish oil • 1 Tbsp fiber or ground flax 	<ul style="list-style-type: none"> • 1-2 Tbsp almond or cashew butter • 1/2 tsp probiotic powder