



Chocolate Cherry Almond Smoothie

Serves 2

Ingredients:

- 1 cup frozen cherries
- 2 tbsp almond butter
- 1 cup milk (skim, almond, or soy)
- ¼ cup uncooked oatmeal
- 1 tbsp maple syrup
- 1 tsp vanilla extract
- 1 tsp almond extract
- 2 tbsp cocoa powder
- 1 cup raw baby spinach

Preparation:

Combine all ingredients in blender and blend with ice.

Calories per serving: 267
Protein with milk or soy milk: 10 g
Carbohydrates: 37 g



Pumpkin Spice Smoothie

Serves 2

Ingredients:

- ¾ cup nonfat Greek yogurt
- ½ tsp cinnamon
- ½ tsp pumpkin pie spice
- ⅔ cup milk (skim, almond, or soy)
- ⅔ cup canned pumpkin
- 2 tbsp maple syrup
- 4 tbsp uncooked oatmeal ½ or 1 small banana (frozen works great!)

Preparation:

Combine all ingredients in blender and blend with ice.

Calories per serving: 208
Protein with milk or soy milk: 13 g
Carbohydrates: 38 g

