





# **Chocolate Cherry Almond Smoothie**Serves 2

# Ingredients:

1 cup frozen cherries

2 tbsp almond butter

1 cup milk (skim, almond, or soy)

1/4 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:

3/4 cup nonfat Greek yogurt

½ tsp cinnamon

½ tsp pumpkin pie spice

2/₃ cup milk (skim, almond, or soy)

<sup>2</sup>/<sub>3</sub> 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

www.healthfitnessconnections.com

(888) 406-8388

# FOOD ALLERGY NOTICE

PLEASE BE ADVISED THAT FOOD PREPARED HERE MAY CONTAIN THESE INGREDIENTS:

MILK, EGGS, WHEAT, SOYBEAN, PEANUTS, TREE NUTS, FISH AND SHELLFISH