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**Smoothies**

**Ingredients:**

Fruits (frozen) – any kind based on personal preference

Spinach (optional – frozen or fresh)

Peanut butter (optional)

Yogurt (optional – Greek yogurt has more protein than traditional yogurt)

Cooked lentils (optional) – use about 1/8 cup

Cocoa powder (optional – if you want a chocolate flavor)

Liquid (Almond milk, regular milk, soy milk, or any kind of juice)

**Instructions:**

1. If you have fresh fruit and would like to freeze it for a colder smoothie or to meal prep: Cut it up into bite sized pieces and separate the pieces on a cutting board or other dish and freeze. Once frozen, can then combine the pieces into a container.
2. If you are meal prepping and utilizing a bullet or mason jars, then add these items to meal prep and store in the freezer: fruits and spinach. \*\*\*Note, don’t overfill your jar, or you won’t have space for the blender to do its job
3. Once the fruit and spinach is added, add any of the optional items which could include peanut butter, yogurt, lentils, cocoa powder. Trial and error on these items to see what you like
4. Finally add your liquid whether it’s a milk or a juice. \*\*\*Keep in mind to not overfill because the blender blades need to also fit in here
5. Blend your smoothie until it has reached the desire consistency
6. Enjoy!!

* This makes a great on the go meal, so works great for breakfast in the car. Or even add to your gym bag and enjoy after your workout although a little bit of delay between making and enjoying will turn it more liquid-y