



Super Slim Down Smoothies



Mango Mint Protein Smoothie

1 serving
5 minutes

Ingredients

- 1 1/4 cups Unsweetened Almond Milk
- 1/2 cup Frozen Mango
- 1/4 Avocado
- 1 cup Baby Spinach
- 2 tbsps Mint Leaves (stems removed)
- 1/2 Lime (juiced)
- 1 1/16 ozs Vanilla Protein Powder

Directions

1

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!



Mango Banana Super Slim Smoothie

1 serving
5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/2 cup Frozen Mango
1/2 Banana (frozen)
1/3 cup Plain Greek Yogurt
1 1/16 ozs Vanilla Protein Powder

Directions

1

Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!



Cherry Raspberry Protein Smoothie

1 serving
5 minutes

Ingredients

2 cups Unsweetened Almond Milk
1/4 cup Frozen Raspberries
1/2 Banana (frozen)
1/4 cup Frozen Cherries
1 1/16 ozs Vanilla Protein Powder

Directions

1

Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!



Slimming Strawberry Vanilla Pineapple Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1 cup Strawberries (chopped)
- 1/2 cup Frozen Pineapple
- 1/3 cup Vanilla Protein Powder

Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!



Pomegranate Pineapple Protein Smoothie

1 serving

5 minutes

Ingredients

- 2/3 cup Frozen Pineapple
- 2 cups Unsweetened Almond Milk
- 1 1/16 ozs Vanilla Protein Powder
- 1/4 cup Pomegranate Seeds

Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!



Carrot Cake Super Slimming Smoothie

1 serving
5 minutes

Ingredients

1 Carrot (medium, chopped)
1/3 cup Frozen Banana
1/2 cup Unsweetened Almond Milk
1/4 tsp Cinnamon
1 1/16 ozs Vanilla Protein Powder

Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!



Strawberry Orange Slimming Smoothie

1 serving
5 minutes

Ingredients

- 1 Navel Orange (peeled and sectioned)
- 1/2 cup Frozen Strawberries
- 1 cup Unsweetened Almond Milk
- 1 1/16 ozs Vanilla Protein Powder

Directions

- 1 Add all of the ingredients to a blender and blend until smooth. Enjoy!



Simple Vanilla Protein Shake

1 serving

5 minutes

Ingredients

2/3 cup Unsweetened Almond Milk

1/4 cup Vanilla Protein Powder

6 Ice Cubes (large)

Directions

1

Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!



Chocolate Avocado Protein Smoothie

1 serving

5 minutes

Ingredients

- 1/4 Avocado
- 1 cup Unsweetened Almond Milk
- 1 cup Baby Spinach
- 1 1/16 ozs Chocolate Protein Powder

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!



Strawberry Cranberry Protein Smoothie

1 serving
5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/3 cup Unsweetened Coconut Yogurt
1/2 cup Frozen Strawberries
1/2 cup Frozen Cranberries
1 1/16 ozs Vanilla Protein Powder

Directions

1 Add all of the ingredients to a blender and blend until smooth. Enjoy!