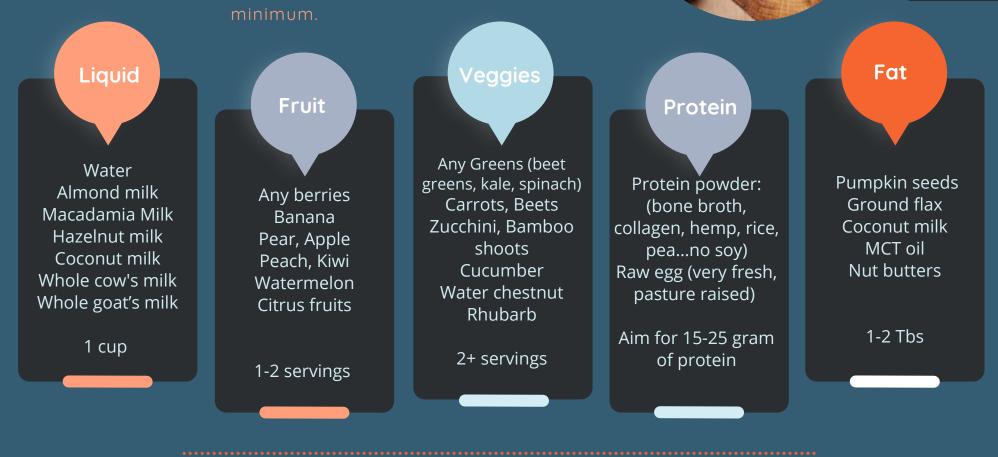
## **PROTEIN SMOOTHIE**

Use this as a guide to make a variety of protein smoothies! Half a medium peice of fruit is a serving. The more veggies the better so aim for a handful of green and at least a half cup of other veggies.

This is just a beginners guide. You can add other fruits and veggies but keep tropical fuits (mango, pineapple, papaya) to a

Beth Buchanan



## Well Nourished LLC

wnourished.com

**Flavorings** 

Ginger Mint

Cinnamon

Vanilla

Turmeric Cardamom Unsweetened

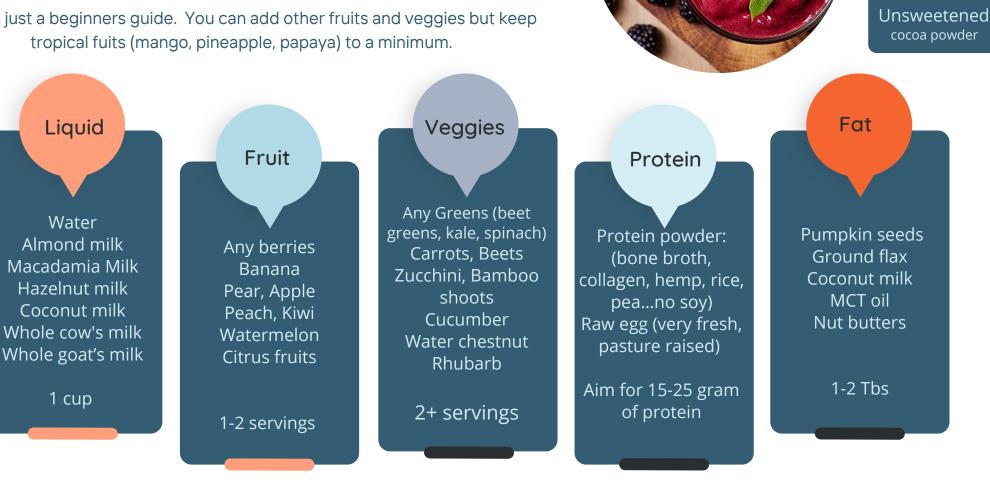
cocoa powder

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**Beth Buchanan** 



Ginger Mint Cinnamon Vanilla Turmeric

Cardamom

Flavorings

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