

RECIPES

CREAMY GREEN SMOOTHIE

1 banana	1/2 c pineapple
1/2 avocado	1/2 cup apple juice
1 cup spinach	1 cup of ice

BERRY BLAST SMOOTHIE

1.5 c frozen berries (your fav or a variety)
1 banana
1/2 cup apple juice

PROTEIN BALLS

1 c oats	1/3 c flaxseed meal
1/3 c mini chocolate chips	3 oz honey
2/3 c sun butter	1 t vanilla
(or fav nut butter)	pinch of sea salt

OTHER ADD INS: cinnamon, coconut flakes, oat flour, chia seeds, chopped nuts, dried fruit, protein or cocoa powder