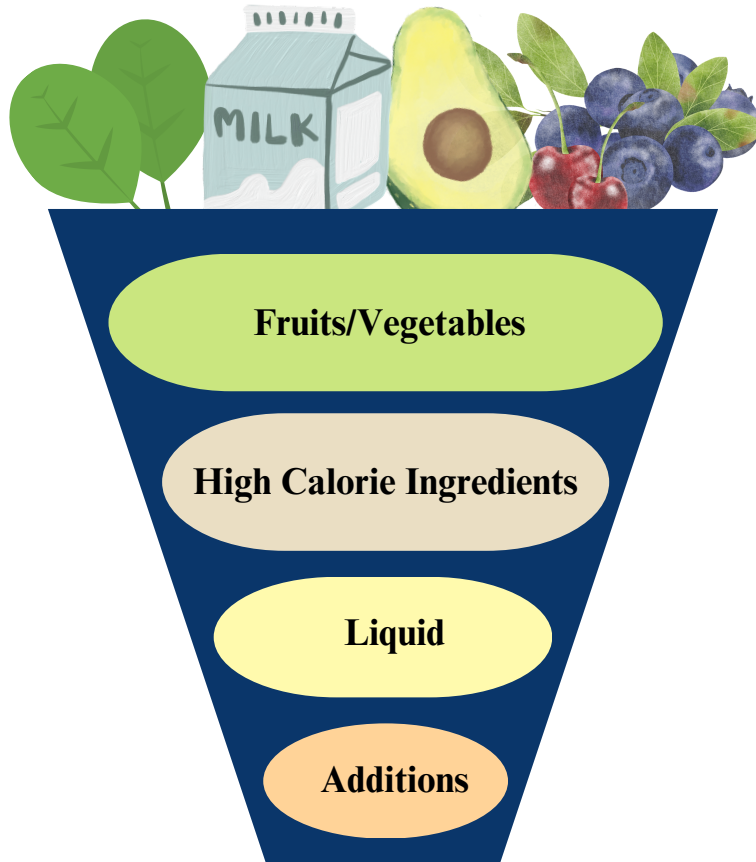


How to Build a High-Calorie Smoothie



Add your favorite fruits and vegetables

Add high calorie foods: nuts, nut butters, seeds, yogurt, avocado, ice cream, high calorie/protein powders

Add high calorie liquids: fruit juice, cream, whole milk or milk alternatives, nutrition supplements/shakes

Add fresh herbs, spices, zest, extracts or powders for more flavor



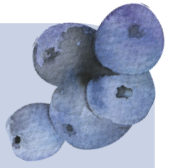
ALS
Nutrition

Smoothie Recipes



Chocolate & Peanut Butter

1 cup whole milk
1/2 avocado
1 frozen banana
2 Tbsp peanut butter
1 scoop chocolate protein powder
(or 1 Tbsp cocoa powder)



Blueberry Pie

1 cup whole milk
1 cup plain Greek yogurt
2 Tbsp almond butter
2 Tbsp brown sugar
1 cup frozen blueberries
1 tsp cinnamon



Mixed Berry

1 cup whole milk
1 scoop vanilla protein powder
1 frozen banana
1/2 cup raspberries
1/2 cup blueberries
1/2 cup greek yogurt



Pina Colada

1 cup coconut milk
1 scoop vanilla protein powder
1 frozen banana
1 cup fresh pineapple
1/2 cup ice

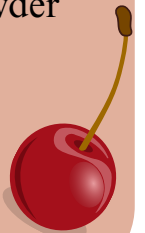


Green Machine

1 cup coconut milk
2 cups fresh spinach
1 frozen banana
1 apple
1/2 avocado
1/4 cup almond butter

Cherry Chocolate

1 cup whole milk
1 scoop chocolate protein powder
1/2 avocado
1 cup fresh pitted cherries
1/2 cup ice
1 Tbsp cocoa powder



Pumpkin Pie

1/3 cup whole plain yogurt
1/2 to 1 cup whole milk
1/2 cup canned pumpkin
2 Tbsp oats
2 tsp honey
1/2 tsp pumpkin pie spice

Creamsicle

1/3 cup coconut milk
1/4 cup orange juice
1 frozen banana
1 orange peeled and sliced
1/2 cup greek yogurt
2 tsp vanilla

