

Smoothies 😊

Faith's - serves 2 people

1 scoop protein powder.

1 scoop greens

1 cup non dairy milk

1 cup frozen fruit

1Tbsp ground flax or chia seeds

** add whatever supplements **

Blend and enjoy 😊

Kirsten's – serves 4 people –

(This is a super fast breakfast at least once a week at our house)

1 ½ cups of Quick oats

1 banana ripe

2-3 scoops protein powder.

1 scoop greens

1/2 cup juice /non dairy milk

1 cup frozen fruit

(This is where I hide a lot of supplements for the kids, multivitamin, fish oils, probiotics)

Depending on how thick you like it is how much water I would add. I usually fill my blender to ¾ full.

About 1 ½ cups of water

Blend and enjoy 😊