

SPICY SMOOTHIE

266

Calories

4g

Protein

41g

Carbs

13g

Fat

1 cup green tea, brought to room temp or chilled

½ cup fresh or frozen blueberries

½ cup fresh or frozen papaya chunks

1 TBSP chia seeds or chia seed gel

½ tsp turmeric

½ tsp ginger

¼ tsp cayenne pepper

½ tsp cinnamon

A dash of a high quality salt

A little honey, maple syrup, or stevia to sweeten (optional)

Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.

COFFEE REPLACEMENT SMOOTHIE

263

Calories

6g

Protein

20g

Carbs

19g

Fat

½ cup coffee

½ cup almond milk

3 TBSP cashews

½ TBSP coconut oil

½ TBSP cacao powder

½ tsp cinnamon

¼ tsp vanilla extract

A dash high quality salt

½ TBSP honey



Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.