

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Power Protein Smoothie

[The Beauty Detox Foods, by Kimberly Snyder, CN]

Ingredients:

- 1 cup almond milk
- 1 scoop RAW protein powder
- 1 – 2 T Chia Seeds
- 1 PKG Frozen Acai smoothie packet (Whole Food freezer section)
- Stevia to taste (1 pkg)
- ½ tsp. cinnamon
- ½ tsp. Vanilla Extract
- ½ Frozen Banana

Directions:

Place all ingredients in a blender and blend until frothy