

Smoothie Recipes

In a blender or food processor combine the following ingredients to make a delicious, energizing protein shake! Add more liquid and crushed ice if desired.

Berry Green Delight

1 cup Berries (Blueberries, Strawberries or Raspberries, fresh or frozen)
1 cup packed Spinach
1 cup Unsweetened Plant Milk or Water
1 scoop any *Moss Nutrition* Protein Powder*

Choco-Cherry

10 large Cherries, fresh or frozen
1 tablespoon Flaxseed Oil
1 tablespoon Chia seeds
1 cup of unsweetened Plant Milk or Water
11 scoop any *Moss Nutrition* Protein Powder*

Peachy Cleanse

1/2 small Avocado
1 medium Peach, fresh or frozen
1 handful Raspberries, fresh or frozen
1 cup Unsweetened Coconut Milk or Almond Milk
1 scoop any *Moss Nutrition* Protein Powder*

Ginger Greens

2 handfuls Spinach
1 tsp grated peeled fresh Ginger
2 cups sliced Peaches, fresh or frozen
Stevia to taste (if needed)
1 scoop any *Moss Nutrition* Protein Powder*
Water to thin

Divine Chocolate

1/2 Banana
1 cup Unsweetened Coconut Milk
2 Tbsp Unsweetened Dried Coconut Flakes
1.5 Tbsp Unsweetened Organic Cacao Powder
1 scoop any *Moss Nutrition* Protein Powder*
Stevia to taste (if needed)

Creamy Vanilla Spice

1/2 Banana
2 Tbsp Sunflower Seed Butter
1 cup of unsweetened Plant Milk or Water
1/2 tsp Cinnamon, 1/4 tsp Cloves, 1/4 tsp Nutmeg
1/4 tsp natural Vanilla Extract
1 scoop any *Moss Nutrition* Protein Powder*

Island Mangolicious

1 cup diced Mango, fresh or frozen
1 cup Coconut Water
2 Tbsp Unsweetened Dried Coconut Flakes
Juice of 1 Lime
1 scoop any *Moss Nutrition* Protein Powder*

Tropical Paradise

1/2 Banana
1/2 cup diced Pineapple
1/2 cup diced Mango
1/2 cup diced Papaya
1 scoop any *Moss Nutrition* Protein Powder*
Water to thin

Bonkers for Berries

1/2 cup Blueberries, fresh or frozen
1/2 cup Raspberries, fresh or frozen
1/2 cup Strawberries, fresh or frozen
1 scoop any *Moss Nutrition* Protein Powder*
Water to thin

Refreshing Mango Peach

1 Peach, medium to large
1 cup diced Mango, fresh or frozen
1 cup Unsweetened Coconut Milk
1 scoop any *Moss Nutrition* Protein Powder*

Chocolate Almond

1 ripe banana
1 cup Unsweetened Plant Milk or Water
1/4 cup Almond Butter
1 scoop any *Moss Nutrition* Protein Powder*
2 - 3 Ice cubes if frosty shake desired!

*Moss Nutrition Protein Powders

Whey Protein - contains Dairy - Select Whey® Vanilla
Pea Protein - Dairy Free
Organic Select Pea® Vanilla & SarcoSelect® DF Vanilla
Free Form Amino Acids - Dairy Free
AminoMeal® Vanilla & Chocolate
SarcoSelect® EAA Chocolate

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