

## 2 SMOOTHIES

### INGREDIENTS

1 cup coconut milk or 1 c 2% or whole milk  
1 cup frozen blueberries

1 Tbls. Organic flx seed oil

1 scoop Whey protein powder

### DIRECTIONS

Blend and serve

### INGREDIENTS

1/2 c coconut milk

1/2 c yogurt

2 Tbls. almond butter

1/4 - 1/2 ripe frozen banana

1 Scoop whey protein powder

### DIRECTIONS

Blend and serve

