

## SMOOTHY

*This is a great pre- or post-workout smoothy. It has a lot of good healthy fat, slow complex carbohydrates, and protein.*

### INGREDIENTS

1 cup strawberries/ or blueberries (frozen is fine)  
1/2 cup milk or 1/2 cup plain yogurt  
1 scoop whey protein powder  
1/2 tablespoon coconut oil  
1 tablespoon honey or agave  
1 tablespoon almond butter or 2 tablespoon almonds

### DIRECTIONS

Blend until smooth, add ice and blend again until thick.

