

Vanilla Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

½ tray unsweetened vanilla almond
milk ice cubes
1 cup unsweetened vanilla almond
milk
2 tablespoons Sweetie
¼ teaspoon vanilla extract
2 oz Philadelphia cream cheese

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Strawberry Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 cups frozen strawberries
½ tray unsweetened vanilla almond
milk ice cubes
1 cup unsweetened vanilla almond
milk
2 tablespoons Sweetie

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Mango Pineapple Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

1 cup frozen mango
1 cup frozen pineapple
1 cup almond milk
2 Tbsp sweetie

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Green Detox Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

20 oz ginger detox
1 bunch parsely
1 cup plain nonfat greek yogurt
lemon juice to taste

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Strawberry Lemonade Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 cups frozen strawberries
½ tray unsweetened vanilla almond
milk ice cubes
1 cup unsweetened vanilla almond
milk
2 Tbsp Sweetie
2 Tbsp lemon juice

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Strawberry Banana Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

1 cup frozen strawberries
1 cup frozen banana
1 cup unsweetened vanilla almond
milk
2 Tbsp Sweetie

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Strawberry Cheesecake Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 cups frozen strawberries
½ tray unsweetened vanilla almond
milk ice cubes
1 cup unsweetened vanilla almond
milk
2 Tbsp Sweetie
2 oz Philadelphia cream cheese

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Strawberry Chocolate Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 cups frozen strawberries
½ tray unsweetened vanilla almond
milk ice cubes
1 cup unsweetened vanilla almond
milk
2 Tbsp Sweetie
2 oz Philadelphia cream cheese

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Chocolate Cheesecake Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

½ tray unsweetened vanilla almond
milk ice cubes
1 cup unsweetened vanilla almond
milk
2 Tbsp Sweetie
2 oz Philadelphia cream cheese
1 Tbsp cocoa

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Raspberry Cheesecake Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

2 cups frozen raspberries
½ tray unsweetened vanilla almond
milk ice cubes
1 cup unsweetened vanilla almond
milk
2 Tbsp Sweetie
2 oz Philadelphia cream cheese

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Peanut Butter Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

½ tray unsweetened vanilla almond
milk cubes
1 cup unsweetened vanilla almond
milk
2 Tbsp sweetie
1 Tbsp peanut butter

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Peanut Butter Chocolate Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

½ tray unsweetened vanilla almond
milk cubes
1 cup unsweetened vanilla almond
milk
2 Tbsp sweetie
1 Tbsp peanut butter
1 Tbsp cocoa

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Peanut Butter Chocolate Banana Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

½ tray unsweetened vanilla almond
milk cubes
1 cup unsweetened vanilla almond
milk
1 frozen banana
2 Tbsp sweetie
1 Tbsp peanut butter
1 Tablespoon cocoa

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Chocolate Banana Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

½ tray unsweetened vanilla almond
milk cubes
1 cup unsweetened vanilla almond
milk
1 frozen banana
2 Tbsp sweetie
1 Tbsp peanut butter
1 Tablespoon cocoa

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Frappé Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

½ tray unsweetened vanilla almond
milk cubes
1 cup unsweetened vanilla almond
milk
2 Tbsp sweetie
1 Tbsp instant coffee
¼ tsp vanilla extract or caramel extract
2 oz Philadelphia cream cheese

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Protein Frappé Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

½ tray unsweetened vanilla almond
milk cubes
1 cup unsweetened vanilla almond
milk
1 Tbsp instant coffee
Handful of spinach
2T ehwhite powder

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Pumpkin Spice Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

½ tray unsweetened vanilla almond
milk cubes
1 cup almond milk
3 Tbsp sweetie
¼ tsp caramel extract
1 tsp pumpkin spice

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Superfood Chocolate Hormone Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

½ tray unsweetened vanilla almond
milk cubes
1 cup almond milk
2 Tbsp sweetie
1 hormone keto bomb

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!

Chocolate Raspberry Smoothie



SERVINGS: *x*

COOK TIME: *x*

CALORIES: *x*

INGREDIENTS:

1 cup frozen raspberries
½ tray unsweetened vanilla almond
milk cubes
1 cup almond milk
2 Tbsp sweetie
1 Tbsp cocoa

DIRECTIONS:

1. Add all ingredients to a blender.
2. Blend and enjoy!