

DR. EILEEN'S FLAT-BELLY MORNING SMOOTHIE

PREP TIME
5 MINS

SERVINGS
1

INGREDIENTS

2 SCOOPS OF PROTEIN POWDER *
1/2 AVOCADO
1/2 BANANA
1 CUP ALMOND MILK**
1/2 CUP WATER

*AIM FOR ~30 GRAMS PROTEINS

(MY FAVS: AMAZING GRASS MAYAN CHOCOLATE, GARDEN OF LIFE VANILLA CHAI)

**CAN USE ANY NUT MILK

INSTRUCTIONS

- MIX THE FOLLOWING IN YOUR BLENDER CUP
 - POUR 1 CUP OF ALMOND MILK TO YOUR BLENDER CUP
 - ADD IN AVOCADO AND BANANA
 - ADD 2 FLAT SCOOPS OF YOUR PROTEIN OF CHOICE
 - ADD WATER TO THE DESIRED CONSISTENCY
 - BLEND AND ENJOY!
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