

# My Favorite Smoothie Recipes

MADE WITH LOVE

by Teresa Forchand

**For All Options: 8-10 oz water & ice as needed**

**1 scoop vanilla protein  
2 cups frozen strawberries  
1/2 frozen banana  
8-10 oz water**

**1 scoop vanilla protein  
3 cups frozen pineapple/mango/banana  
1 cup of spinach  
8-10 oz water**

**1 scoop vanilla protein  
1 cup dark frozen cherries  
1 cup blueberries  
1 cup frozen raspberries  
1/2 cup frozen avocado**

**1 scoop vanilla protein  
1 cup frozen watermelon  
1 cup frozen strawberries  
1 cup frozen pineapple**

**1 scoop Vanilla protein  
1 frozen banana  
1 tbsp cocoa powder  
1 tbsp PB FIT (dry peanut butter)**

**1 scoop vanilla protein  
1 cup frozen watermelon  
1 cup frozen dragon fruit  
1 cup frozen mango**