



Chocolate Covered Strawberries Smoothie

THE INGREDIENTS

- Liquid - 1 cup liquid of choice (nut milk, water, coconut water, etc.)
- handful of ice
- Fat - 1 Tbsp Almond Butter
- Fiber - 1 Tbsp chia seeds, or ground flax seeds, or this great prebiotic fiber mix
- Fruit - 1/2 cup strawberries
- Fruit - 1/2 a banana (optional)
- Vegetable - 2 cups spinach or Kale
- Nutrient Boost - 1 tbsp raw cacao powder & 1 fresh spirulina pod*
- Protein - 1 serving vanilla protein or vanilla collagen powder
- Topping - Cacao nibs, shredded coconut

PREPARATION

1. Blend together all the ingredients except the toppings.
2. Pour in your favorite glass or mason jar and sprinkle with toppings.
3. Or make it a smoothie bowl by doubling the fiber for a thicker consistency and pour it into a bowl instead!
4. Enjoy!

A RECIPE BY @HEALTHYISHANDHAPPY



SPIRULINA SMOOTHIE

INGREDIENTS

Smoothie bowl:

- 1 Frozen Spirulina piece
- Frozen Bananas
- Frozen Pitaya
- Frozen Blueberries

Chocolate shell

- 1/4 cup chocolate
- 1 tsp oil
- Buckini (optional)

DIRECTIONS

1. Blend the ingredients together (you can vary the number of fruits you add depending on your preference)
2. Melt the chocolate and oil together
3. Evenly spread the chocolate on top of the smoothie and add the buckini

A RECIPE BY @FOODIEARCHIVESS

