

Take Me To The Beach

<p>½ cup frozen pineapple</p> <p>½ of a frozen banana</p> <p>1 teaspoon coconut oil</p> <p>2 tablespoons hemp hearts</p> <p>1 teaspoon maca powder</p>	<p>1 scoop vanilla flavored protein powder</p> <p>¼ cup bpa-free canned full fat coconut milk (or homemade nut milk)</p> <p>¼ cup filtered water</p> <p>Blend all ingredients together, and add additional coconut milk as necessary until desired consistency is reached</p>
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Berry Delicious

<p>1-2 tablespoons soaked chia seeds</p> <p>1 scoop plant based protein powder</p> <p>1 handful of spinach</p> <p>½ cup frozen blackberries</p> <p>½ cup frozen tart cherries</p>	<p>½ cup bpa-free canned full fat coconut milk (or homemade nut milk)</p> <p>½ cup filtered water</p> <p>2 teaspoons grated nutmeg</p> <p>Blend until desired consistency is reached, added more almond milk as necessary.</p>
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Pink Grapefruit Delight

<p>¼ ruby red grapefruit (skinned and seeded)</p> <p>¼ cup frozen strawberries</p> <p>½ cup bpa-free canned full fat coconut milk (or homemade nut milk)</p> <p>½ teaspoon vanilla extract</p> <p>2 tablespoons cashew butter</p>	<p>raw honey for flavor</p> <p>1 scoop plant based protein powder</p> <p>filtered water to create desired consistency</p> <p>Blend until smooth and delicious!</p>
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Get Your Greens

1-2 handfuls of spinach 1 ripe banana ½ cups bpa-free canned full fat coconut milk (or homemade nut milk) ½ cup filtered water	½ tablespoon chia seeds 1 heaping tablespoon of coconut oil 1-2 tablespoons of nut butter (almond or cashew) Blend all ingredients until well incorporated and enjoy! Add ice if necessary.
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Chocolate Cherry

½ cup frozen tart cherries ½ of an avocado 1 small handful of spinach 1 tablespoon cacao powder 1 tablespoon maca powder ½ teaspoon vanilla extract	2 tablespoon soaked chia seeds ½ cup bpa-free canned full fat coconut milk (or homemade nut milk) ½ cup filtered water Add all ingredients to blender, blend until smooth.
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