



treat yo'self

CANDY BAR INSPIRED SMOOTHIES





what's inside

ALMOND JOY SMOOTHIE

COFFEE CRISP SMOOTHIE

**ORANGE CHOCOLATE
SMOOTHIE**

**CHOCOLATE COCONUT
SMOOTHIE**

SNICKERS SMOOTHIE

KITKAT SMOOTHIE

**SNEAKY GREENS PEANUT
BUTTER CUP SMOOTHIE**

**PEPPERMINT PATTY
SMOOTHIE**

**CHOCOLATE CHERRY
SMOOTHIE**

CANDY CORN SMOOTHIE

Almond Joy Smoothie

Ingredients

1 small frozen banana
1/4 c raw oats
1/4 c Greek yogurt
1 scoop chocolate protein powder (I use Shakeology)
1/2 c almond milk
1/8 tsp coconut extract

Instructions

Place all ingredients in a blender and blend until smooth.

Makes 1 serving.

Coffee Crisp Smoothie

Ingredients

1/4 cup (dates, pitted)
1/4 cup rolled oats
3/4 cup unsweetened almond milk
1/4 – 1/2 tsp instant espresso or instant coffee granules
1 scoop chocolate protein powder (I use Shakeology)

Instructions

Place all ingredients in a blender - cover and blend until smooth.

Makes 1 serving.

Orange Chocolate Smoothie

Ingredients

1/2 cup unsweetened almond milk
1/2 cup plain fat-free greek yogurt
1 scoop chocolate protein powder (I use Shakeology)
2 clementine oranges, washed and leave skins on
1 cup ice

Instructions

Place all ingredients in a blender - cover and blend until smooth.

Makes 1 serving.

Chocolate Coconut Smoothie

Ingredients

1 cup unsweetened coconut milk beverage
1 cup ice
1 scoop chocolate protein powder (I use Shakeology)
1 tsp. all-natural peanut butter
1 tsp. pure coconut extract

Instructions

Place all ingredients in a blender and blend until smooth.

Makes 1 serving.

Snickers Smoothie

Ingredients

1 scoop chocolate protein powder (I use Shakeology)
1 tsp caramel extract
1 tbsp natural peanut butter
10 oz unsweetened almond milk
dash sea salt
1 cup ice

Instructions

Place all the ingredients in a blender and blend until smooth and creamy.

Makes 1 serving.

Kit Kat Smoothie

Ingredients

1 scoop chocolate protein powder (I use Shakeology)
1 cup almond milk
1 tbsp natural peanut butter
1 rice cake
1/2 banana
1 cup ice

Instructions

Place all the ingredients in a blender and blend until smooth and creamy.

Makes 1 serving.

Sneaky Greens Peanut Butter Cup Smoothie

Ingredients

1 cup frozen banana
1 1/2 tbsp all natural creamy peanut butter
1 scoop chocolate protein powder (I use Shakeology)
1 cup packed spinach
1 cup unsweetened almond milk

Instructions

Place all ingredients in a blender and blend until smooth.

Makes 1 serving.

Peppermint Patty Smoothie

Ingredients

1 cup unsweetened almond milk
1 cup ice
½ scoop chocolate protein powder (I use Shakeology)
½ scoop vanilla protein powder (I use Shakeology)
½ tsp. pure peppermint extract
1 tsp. shaved dark chocolate
Fresh mint leaves (for garnish; optional)

Instructions

Place all the ingredients in a blender and blend until smooth and creamy.

Makes 1 serving.

Chocolate Cherry Smoothie

Ingredients

1 cup unsweetened vanilla almond milk
1 cup ice
1 scoop chocolate protein powder (I use Shakeology)
½ cup frozen unsweetened black cherries pitted

Instructions

Place all the ingredients in a blender and blend until smooth and creamy.

Makes 1 serving.

Candy Corn Smoothie

Ingredients

Bottom Layer

½ cup fresh carrot juice

1/4 cup reduced-fat (2%) plain Greek yogurt

½ cup ice

Middle Layer

½ cup water

½ cup ice

½ scoop vanilla protein powder (I use Shakeology)

½ cup canned pineapple, in juice, drained

½ tsp. ground turmeric

Top Layer

½ cup coconut milk beverage

½ cup ice

½ scoop vanilla protein powder (I use Shakeology)

Instructions

For Bottom Layer: Place carrot juice, yogurt, and ice in blender; cover. Blend until smooth. Pour into large serving glass. Place glass in freezer for 15 minutes.

For Middle Layer: Place water, ice, protein powder, pineapple, and turmeric in blender; cover. Blend until smooth. Slowly pour into serving glass over bottom layer. Place glass in freezer for 15 minutes.

For Top Layer: Place coconut milk, ice, and protein powder in blender; cover. Blend until smooth. Slowly pour into serving glass over middle layer; serve immediately.

Makes 1 serving.

