



*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
- 1/2 scoop chocolate protein powder (I use Shakeology)
- 1/2 scoop vanilla protein powder (I use Shakeology)
- 1/2 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)
- 1/2 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

$\frac{1}{2}$  cup fresh carrot juice  
 $\frac{1}{4}$  cup reduced-fat (2%) plain Greek yogurt  
 $\frac{1}{2}$  cup ice

### Middle Layer

$\frac{1}{2}$  cup water  
 $\frac{1}{2}$  cup ice  
 $\frac{1}{2}$  scoop vanilla protein powder (I use Shakeology)  
 $\frac{1}{2}$  cup canned pineapple, in juice, drained  
 $\frac{1}{2}$  tsp. ground turmeric

### Top Layer

$\frac{1}{2}$  cup coconut milk beverage  
 $\frac{1}{2}$  cup ice  
 $\frac{1}{2}$  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.

