

FEEL WELL SMOOTHIE OPTIONS

BY STEPHANIE-MARIE, AT NOURISHED LIFESTYLE HOME



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Instructions

ADD DESIRED AMOUNT OF INGREDIENTS LISTED FOR SPECIFIC SMOOTHIE PAGE.

ADD MILK, YOGURT & COLLAGEN TO EACH SMOOTHIE & BLEND



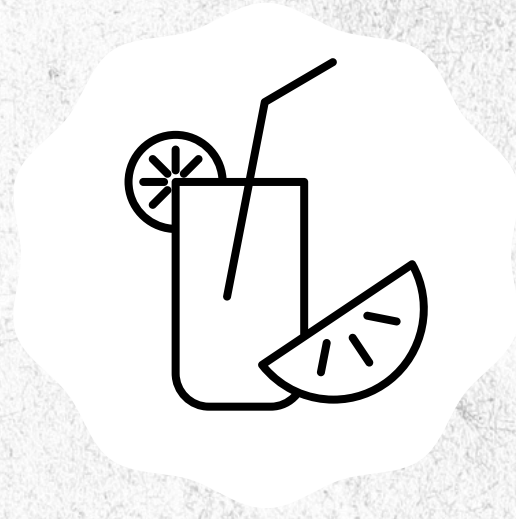
Milk of choice



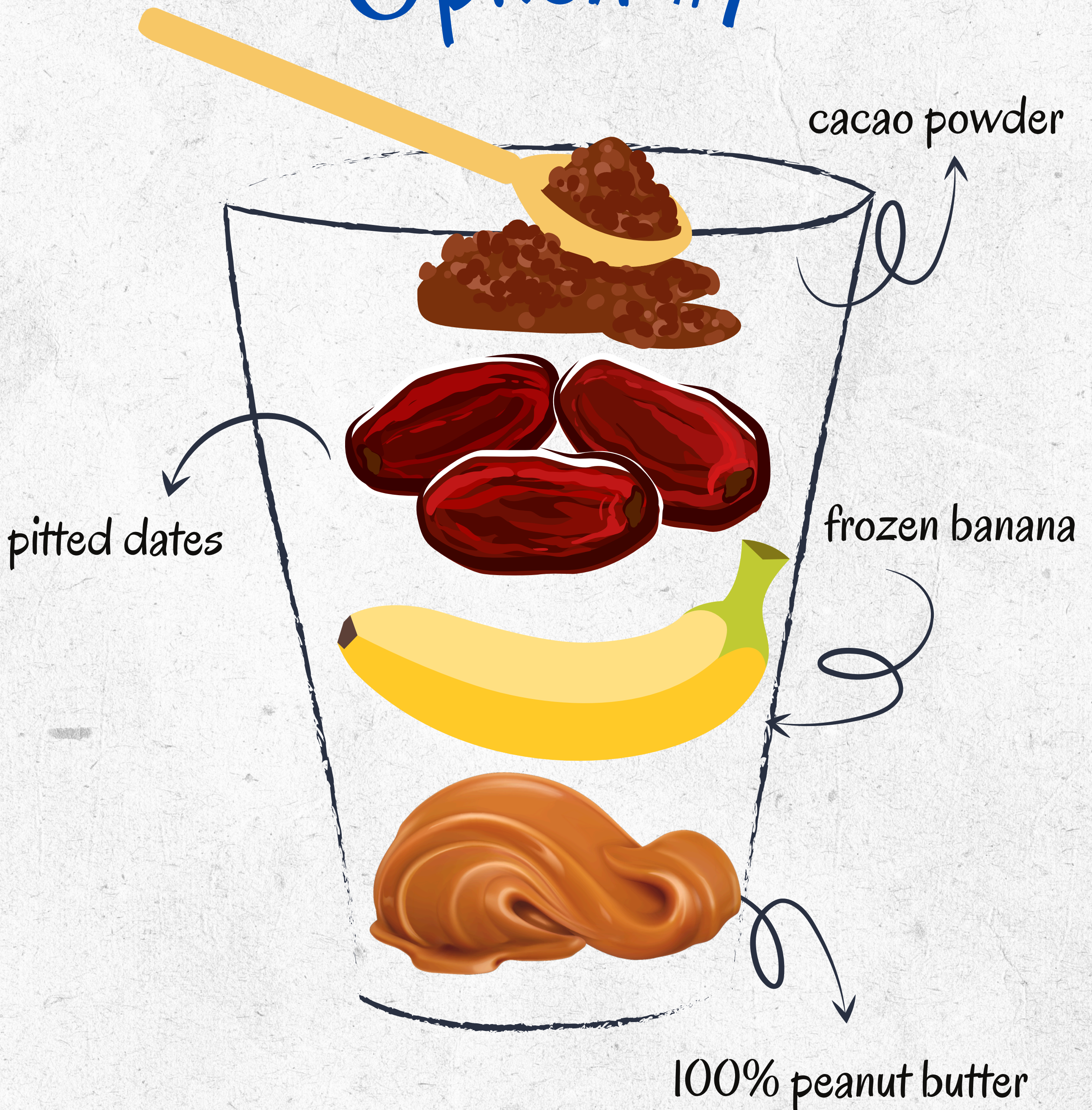
Coconut yogurt or
Greek yogurt

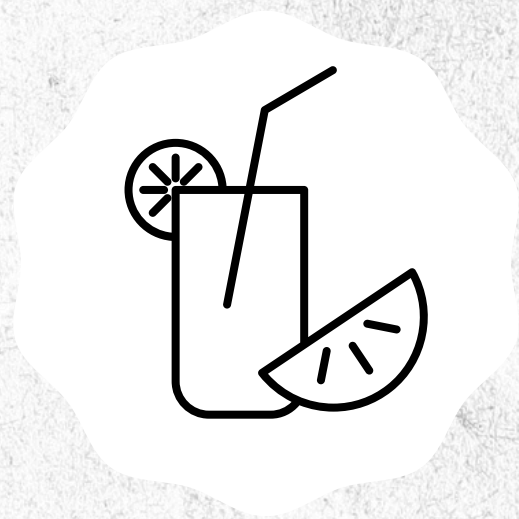


1 TBSP
Honey



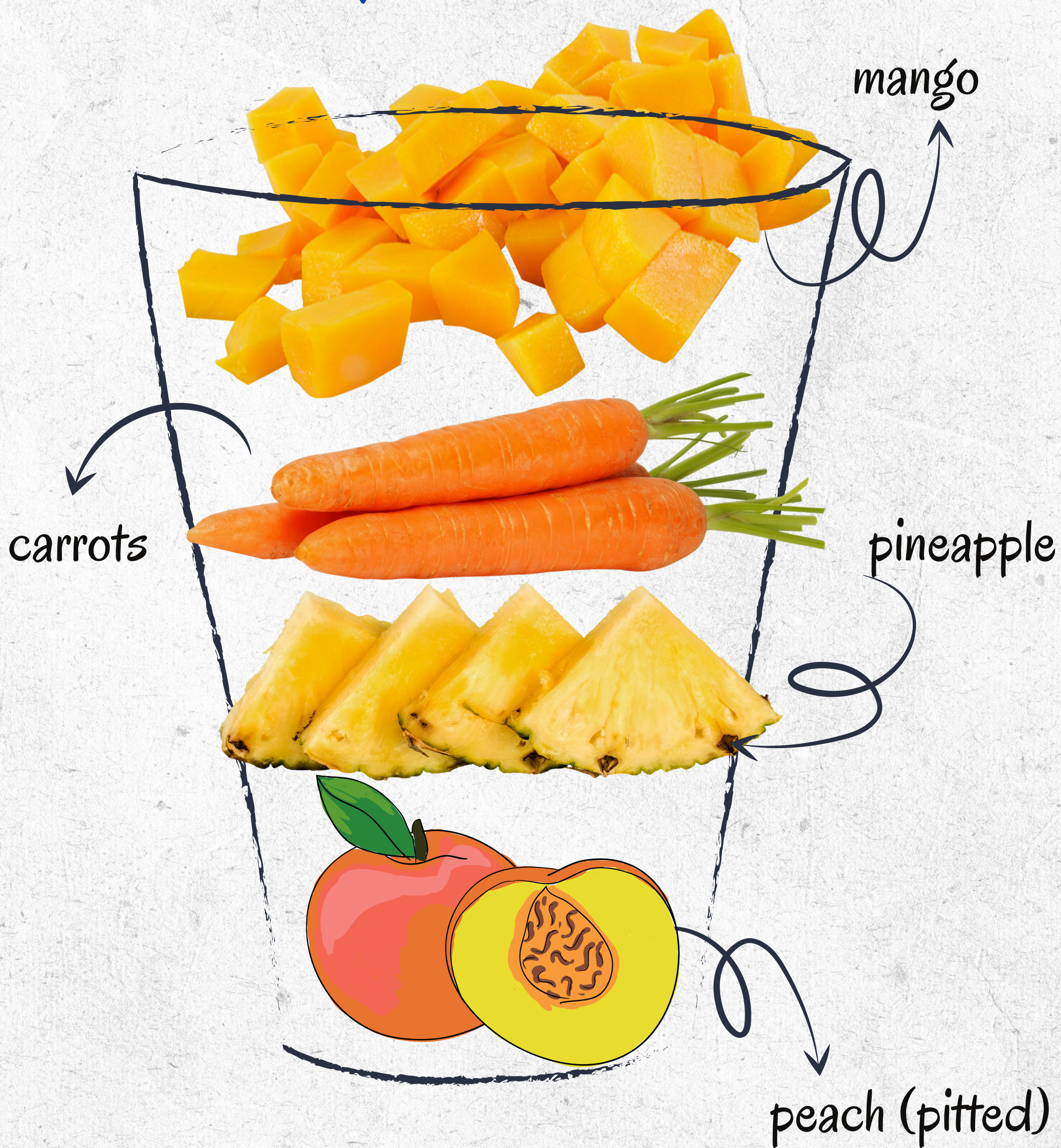
Chocolate Smoothie Option #1

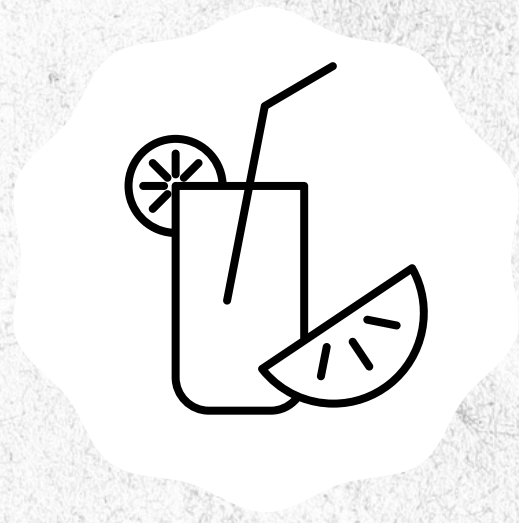




Mango Smoothie

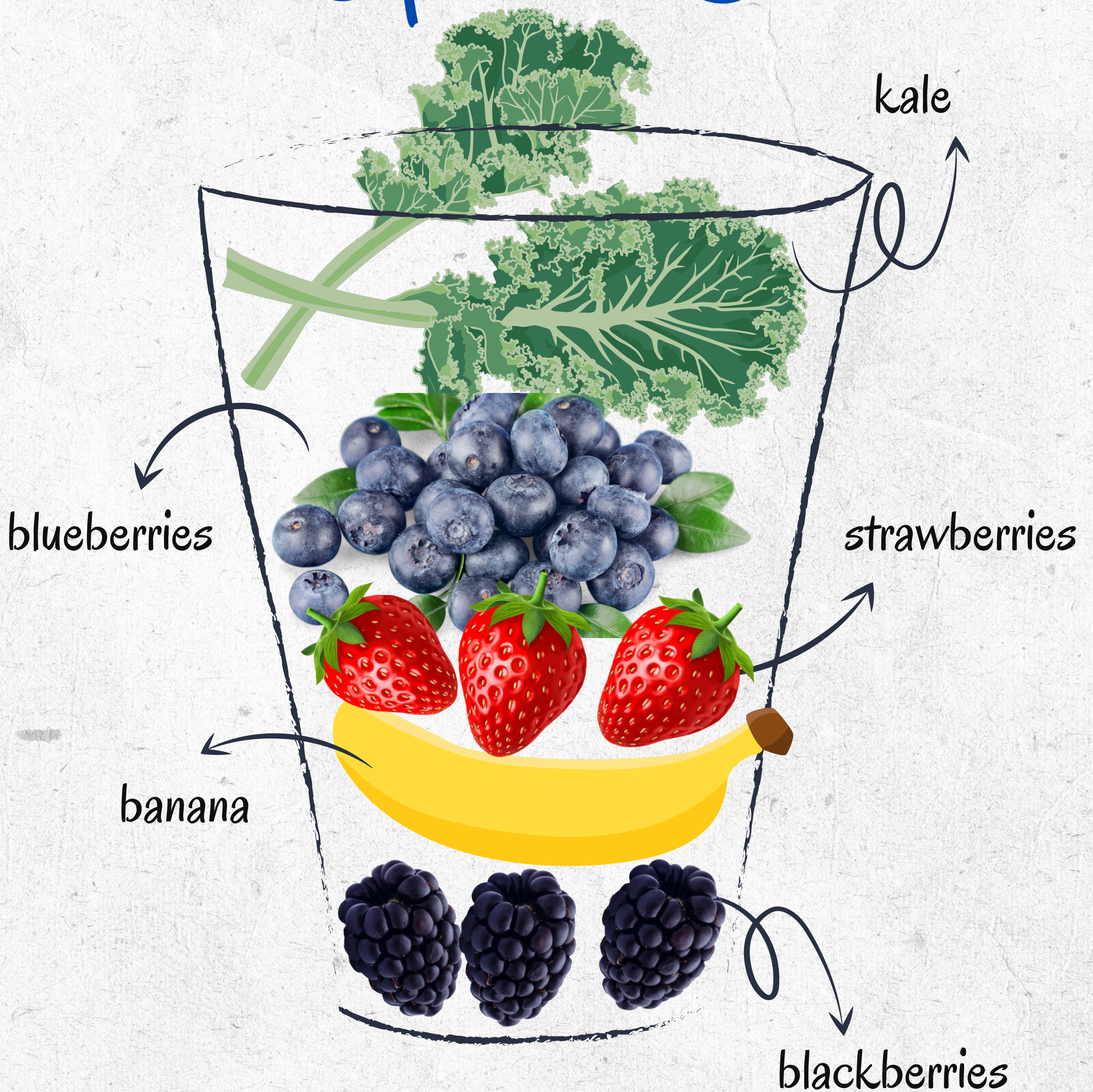
Option #2

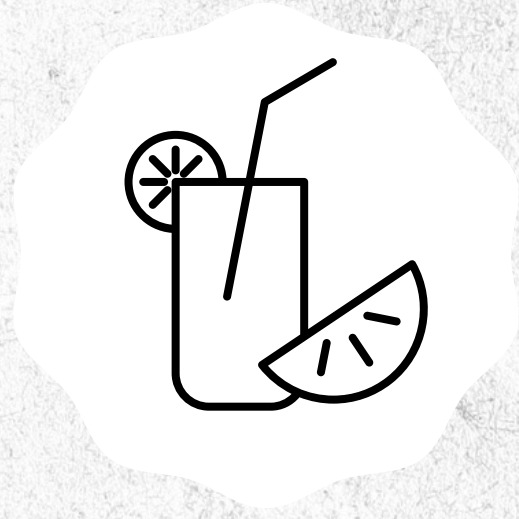




Berry Smoothie

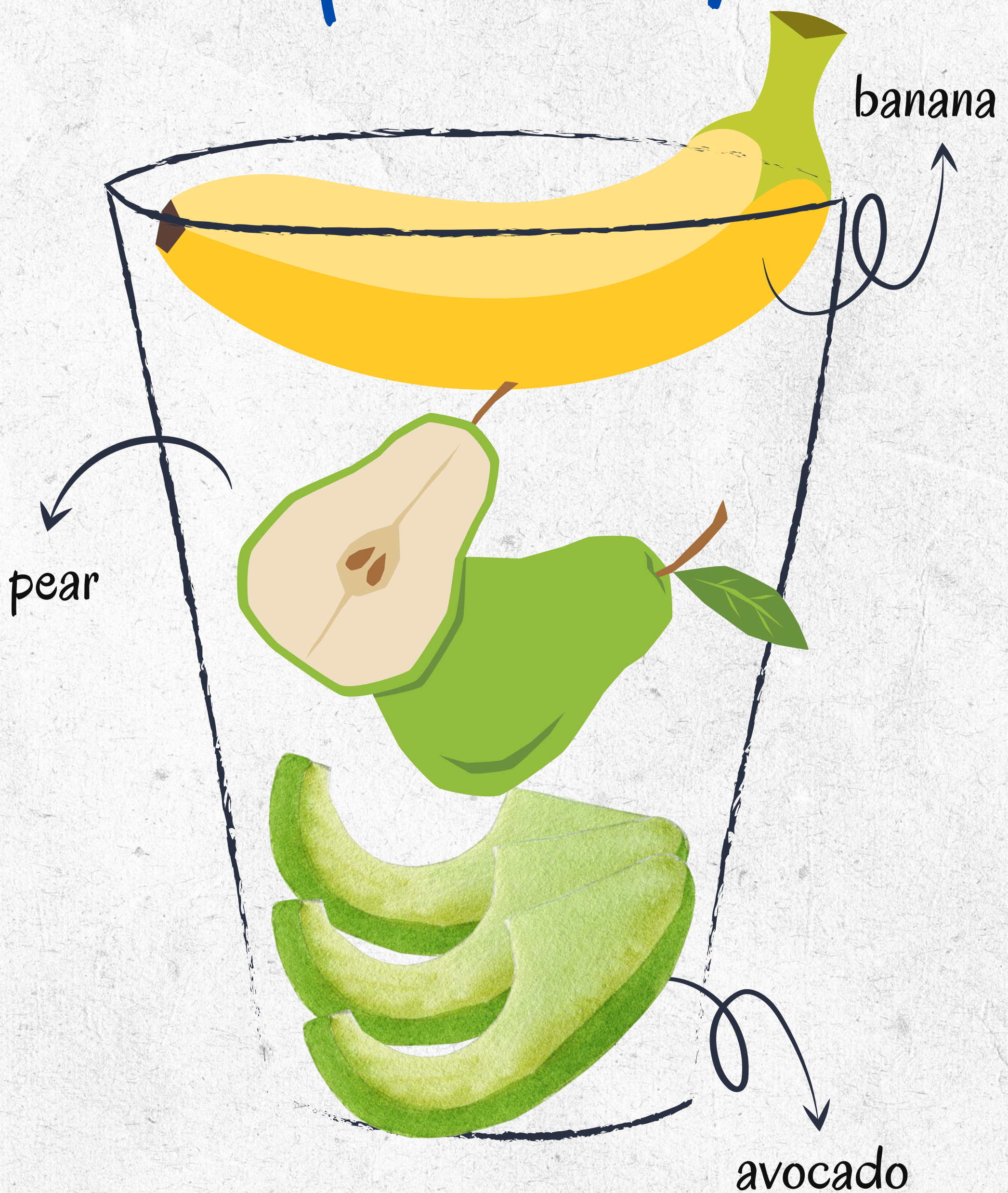
Option #3

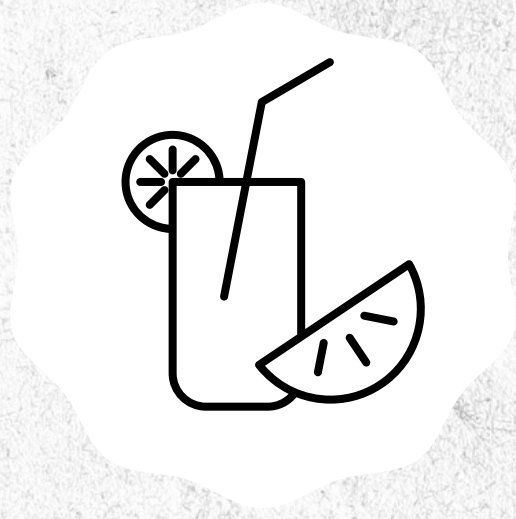




Avocado Smoothie

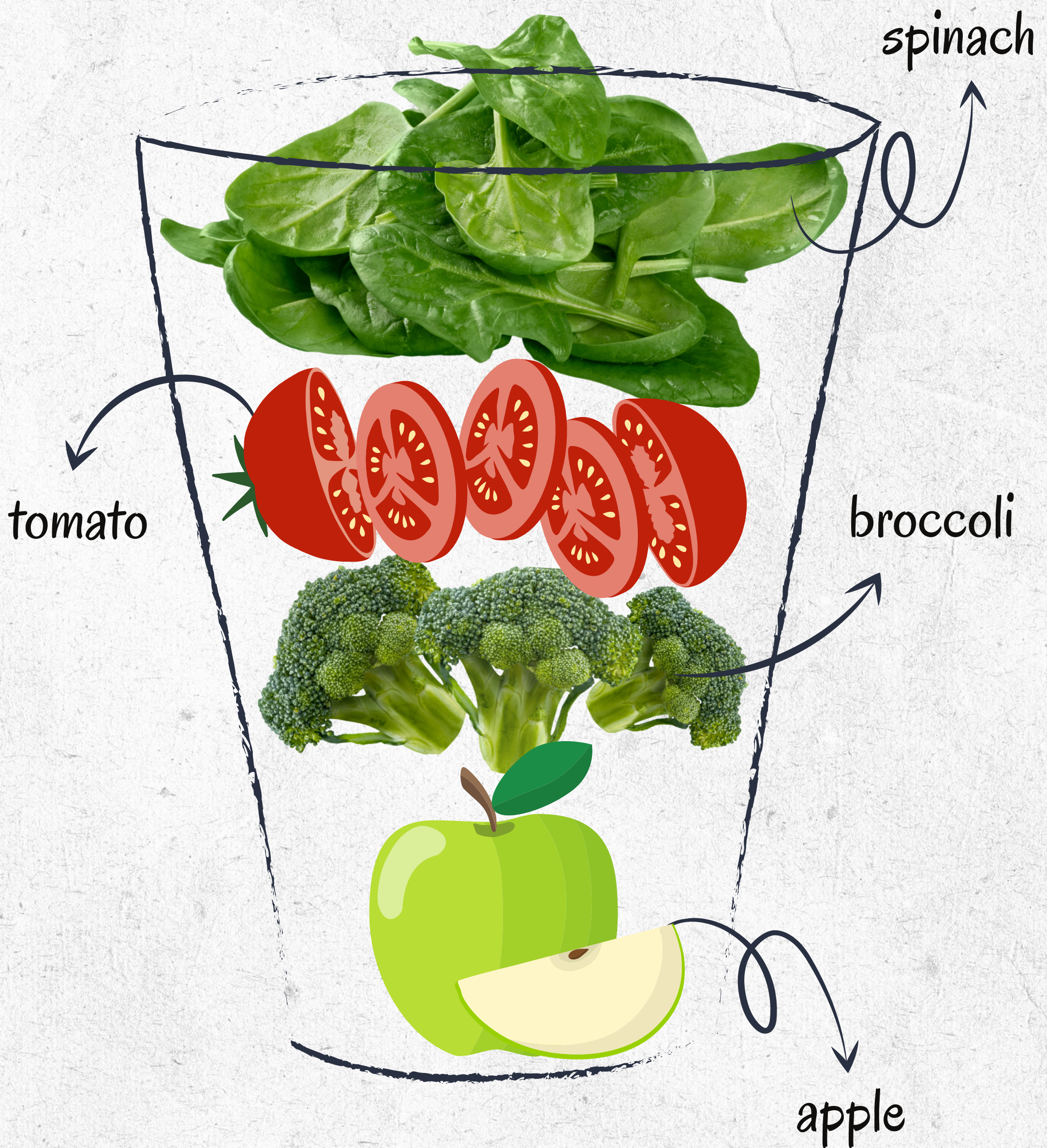
Option #4





Veggie Smoothie

Option #5



BY STEPHANIE-MARIE

Optional Mix-In's

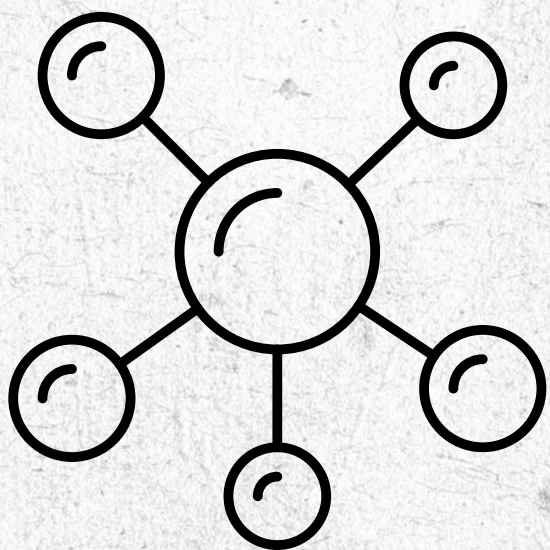
PICK A MIX IN TO STIR IN AFTER
SMOOTHIE IS BLENDED



Flax Seed



Chia Seed



1 TBSP

Collagen peptides

(May need to be blended in)