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You can purchase a pre-made protein powder mix or use this recipe to make your own and save money. Either way, you can vary the flavors and healing add-ins to customize the smoothie to meet your needs and preferences. If you decide to use a pre-made mix, consult with me to choose the best product for your unique wellness needs.

PROTEIN SMOOTHIE RECIPE

1 – ½ cups Unsweetened Non-Dairy Milk (Almond, Cashew, Coconut, Oat)

1/2 cup fruit (fresh or frozen berries, mango, banana)

½ - 1 cup veggies (baby spinach or kale, riced cauliflower, if using orange or purple sweet potato omit fruit)

2 TBS Nut or Seed Butter (almond butter, sunflower seed butter)

Or ¼ - ½ Avocado

2 dashes Cinnamon

Blend in a strong blender such as the [NutriBullet](#). Adjust liquid to desired consistency.

Optional: vanilla, maple, or almond extract

Cocoa powder

[Monk fruit drops](#) or [Chocolate Flavored Stevia drops](#)

Colostrum

Magnesium powder (200 mg Mg)

Probiotic

Flax seed, ground

