### HEALTHY SMOOTHIES - 6 DELICIOUS FLAVORS -

AndiAnne.com



# BANANA

- MILK
- BANANA
- CACAO POWDER
- PROTEIN POWDER

### GREEN

- MILK
- BANANA - SPINACH
- AVOCADO
- CHIA SEEDS



- MILK
- BANANA
- MANGO
- GINGER
- TURMERIC



- MILK - GREEK
- YOGURT - RASPBERRIES
- BANANA



- MILK
- BANANA
- CARROTS
- CHIA SEEDS



BLUEBERRY PROTEIN

> - MILK - BANANA - BLUEBERRIES - AVOCADO - PROTEIN

PROTEIN POWDER - CHIA SEEDS

See full recipes at: www.AndiAnne.com/smoothies

## **Healthy Recipes Guide**

**JG Myers** 



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