



## **Raw choc coconut smoothie**

Ingredients...

- 1 Young drinking coconut + meat
- 1 Desert spoon of cacao powder
- 1 Tsp of coconut oil
- 2 Raw eggs

Directions...

Pour coconut juice and meat into a blender, add cacao, coconut oil and eggs. Blend and enjoy.  
Thanks to our friends @ Origin of Energy for this one.

## **Almond berry bang smoothie**

Ingredients...

- 50g Plain untainted whey protein
- 1 Desert spoon almond butter
- ½ Cup frozen blueberries
- Pinch Cinnamon
- Water/ice cubes

## **Amazon smoothie**

Ingredients..

- 40g Goat whey
- 1 Desert spoon Soaked chia seeds
- 3 tsp Acai berry powder
- 2 Tsp Cocoa nibs
- Raw lucuma powder to sweeten
- Water/ice cubes

## **Apple cinnamon smoothie**

- 2 Raw eggs
- 1/4 cup lucuma powder
- ¼ cup apple sauce
- Cinnamon