

Weight Loss Smoothie Recipe

Ingredients: Weight loss smoothie #1 least calories

6 fl oz water

1/3 banana

1/2 cup fresh pineapple

1 tbsp raw peanut butter or almond butter

1 tsp ground cinnamon

2 cups spinach packed

1 ice cube if desired

Blend all ingredients for 30 to 60 seconds



Ingredients: Weight loss smoothie #2 more protein

6 fl oz unsweetened almond milk

1/3 banana

1/2 cup fresh pineapple

1 tbsp raw peanut butter or almond butter

1 tsp ground cinnamon

2 cups spinach packed

1/2 cup non-fat Greek yogurt

Blend all ingredients for 30 to 60 seconds

Ingredients: Weight loss smoothie #3 highest protein

6 fl oz skim or 2% milk

1/3 banana

½ cup fresh pineapple

1 tbsp raw peanut butter or almond butter

1 tsp ground cinnamon

2 cups spinach packed

½ cup non-fat Greek yogurt

1 serving Slender-U-Fast Whey Protein Formula

Blend all ingredients for 30 to 60 seconds

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