

## **Green Tea Fat Loss Special Smoothie**

- 6 oz. brewed green tea
- ½ cup lemon sorbet
- 1 orange, cut in segments and frozen
- 2 scoops whey protein powder\*

Blend all ingredients until smooth. This is my very favorite breakfast smoothie! It tastes like a super nutritious orange Julius but it is full of antioxidants (also good when you are losing fat.) With a piece of low glycemic, whole grain toast you are a good to go! A great smoothie pick-me-up for the afternoon low glycemic snack as well.

**210 calories**

## **Tahini Power**

- 6 oz. chocolate almond milk
- 2 scoops whey protein powder\*
- 1 T. tahini
- 2 heaping T. plain coconut yogurt (optional)
- agave syrup to taste

Combine all the ingredients and blend until smooth. Adding the coconut yogurt changes the flavor a little bit and makes it a more filling smoothie that could also be a meal. If you drink this smoothie with 1 slice of Ezekiel toast with 1 pat of butter you have your breakfast.

**215 calories**

## **Chocolate Low Fat Smoothie**

- 6 oz. unsweetened chocolate almond milk
- 2 scoops of whey protein powder\*
- ½ cup frozen blueberries
- 1 heaping teaspoon flaxseed meal
- agave syrup to taste

• Put all ingredients in a blender and blend until smooth. This is another antioxidant power house. This is one of my favorite low glycemic snacks.

**161 calories**

## **Berry Low Fat Smoothie**

- ½ cup passion fruit sorbet

- 2 scoops whey protein powder\*
- ½ cup blackberries or raspberries
- ½ cup blueberries
- ¼ - ½ cup unsweetened plain almond milk

Combine the almond milk, sorbet and whey in a blender and blend. Add the berries and the rest of the soy or almond milk and blend until smooth. The berries are providing lots of antioxidants for more energy and keeping you healthy. serving.

**255 calories**

### **Mint Melon Delight**

- 1 cup diced, fresh honeydew melon
- 1 T. chopped, fresh mint
- 2 scoops whey protein powder\*
- ½ T. fresh squeezed lime juice
- ¼ cup Perrier water
- 3 ice cubes

Combine all the ingredients in a blender and blend until smooth. This is a very refreshing drink for a very hot day.

**105 calories**