

Low Fat Smoothies

Green Tea Fat Loss Special

- 1/2 cup lemon sorbet (no added sugar)
- 1 orange, cut in segments
- 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 and it's full of antioxidants (also good when you are losing fat.) With a piece of low glycemic, sprouted 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 unsweetened, soy or almond milk
- 2 scoops whey protein powder*
- 1 T. tahini (sesame seed butter)
- 2 heaping T. plain coconut yogurt (optional)
- 1 teaspoon agave syrup

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 replacement at night or for lunch. If you drink this smoothie with 1 slice of Ezekiel sprouted grain toast with 1 pat of butter you have your breakfast.

215 calories

Chocolate Low Fat Smoothie

- 6 oz. unsweetened chocolate soy or almond milk
- 2 scoops of whey protein powder*
- 1/2 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.

161 calories

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Berry Low Fat Smoothie

- 1/2 cup passion fruit sorbet (no added sugar)
- 2 scoops whey protein powder*
- 1/2 cup blackberries or raspberries
- 1/2 cup blueberries
- 6 ounces unsweetened plain soy or 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.

255 calories

Mint Melon Delight

- 1 cup diced, fresh cantaloupe
- 1 T. chopped, fresh mint
- 2 scoops whey protein powder*
- 1/2 T. fresh squeezed lime juice
- 1/4 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 warm day.

165 calories

* Call 855-485-5373 for more information and to order a whey protein powder that has been formulated to target fat and help the body release it.