

JJFit Smoothie Recipes

Basic Green Super Smoothie

- 2 scoops protein (any will do but I like Bio Chem Whey Vanilla)
- 1 scoop Amazing Grass Green Superfood
- 1 small banana
- 2 big handfuls of baby spinach
- 8 oz cold water (optional: use coconut water or almond milk instead)
- 1 cup of ice
- ½ tablespoon flax seeds, chia seeds or hemp seeds

Peanut Butter, Chocolate & Banana

- 2 scoops protein (any will do but I like Bio Chem Whey Vanilla)
- 1 scoop Amazing Grass Green Superfood Chocolate
- 1 small banana
- 1 tablespoon organic peanut butter (crunchy or smooth; I like crunchy)
- 2 big handfuls of baby spinach
- 8 oz cold water (optional: use coconut water or almond milk instead)
- 1 cup of ice

Greek Yogurt Berry Almond Blast

- 6 oz greek yogurt that includes some fat (1-2%)
- 1 scoop Amazing Grass Green Superfood
- 1 cup ripe strawberries (fresh or frozen)
- 2 big handfuls of baby spinach
- 8 oz cold water (optional: use coconut water or almond milk instead)
- 1 cup of ice
- ½ tablespoon flax seeds, chia seeds, peanut butter or hemp seeds

Build Your Own! Keep [this link/video](#) handy and remember:

- 2 cups veggies for 1 cup fruit
- Include a healthy fat like flax seeds, nuts, avocado
- Protein (~20g-25g)
- Liquids: Water, Coconut Water, Almond Milk, Rice Milk
- Use free version of [MyFitnessPal](#) if tracking calories

Sign up for JJ's free monthly newsletter for recipes, exercise tips and resources at www.JJ-Fit.com/sign-up.