

## RECIPES

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## *Smoothie and Oatmeal Ideas*

# Strawberry-Banana Smoothie

Total: 10 min Active: 5 min Yield: 1

## INGREDIENTS:

1 banana

1 cup strawberries

1/2 cup vanilla yogurt

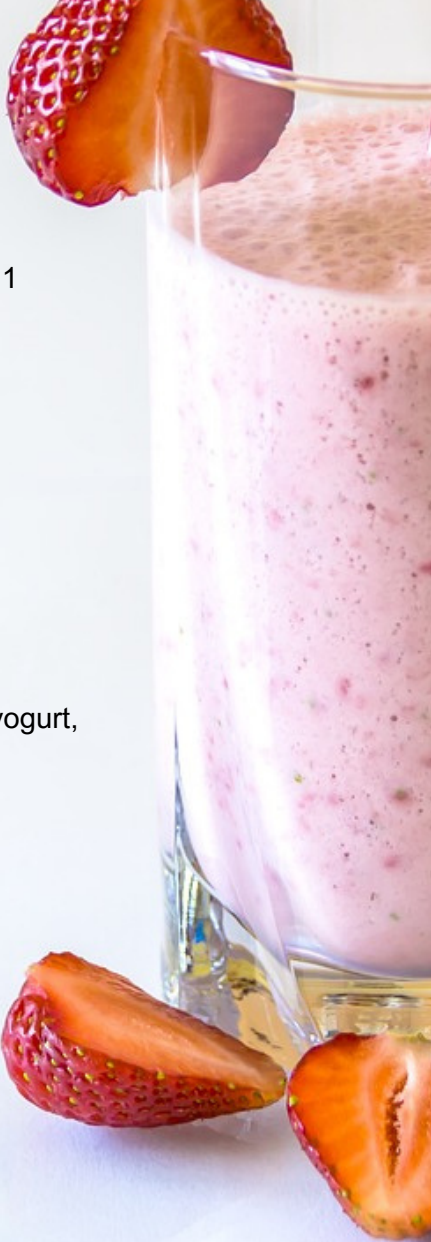
1/2 cup milk of choice

2 teaspoons sweetener of choice

Pinch of ground cinnamon

## DIRECTIONS:

Blend the banana, strawberries, yogurt, milk, honey, cinnamon and 1 cup ice in a blender until smooth. Pour into a glass.



# *Chocolate Baked Oatmeal*

Total: 10 min Active: 5 min Yield: 1

## **INGREDIENTS:**

1/2 banana

1/3 cup oats

1/4 cup milk of choice

1 teaspoon sweetener of choice

1/8 teaspoon salt

1/4 teaspoon baking powder

1 egg

chocolate chips (handful)

## **DIRECTIONS:**

Put all ingredients into blender except chips.

Pour into greased muffin or large bowl. Add chocolate chips to top. Microwave for 2 - 3 minutes until set.



# Chocolate Peanut Butter Smoothie



Total: 10 min Active: 5 min Yield: 1

## INGREDIENTS:

- 2 scoops chocolate protein powder
- 1 tablespoon peanut butter or powdered peanut butter
- 1 cup of milk of choice
- 2 tsp sweetener of choice or 1/2 ripe banana
- 1 cup of ice

## DIRECTIONS:

Add chocolate protein powder, peanut butter, milk choice, sweetener of choice and ice into blender. Pour into glass and enjoy.

# Blueberry Smoothie

Total: 10 min Active: 5 min Yield: 1

## INGREDIENTS:

1 cup milk of choice

1 cups frozen blueberries

1/2 frozen banana

3 Tablespoons plain Greek Yogurt

1 tablespoon lemon juice

## DIRECTIONS:

Place all ingredients in a high-powered blender and blend until smooth. Start with  $\frac{1}{2}$  cup of milk of choice and add more if needed to reach the desired consistency.



## The Smoothie Diet: 21 Day Rapid Weight Loss Program

Hope you enjoy the smoothie and oatmeal recipes