



SUMMER SMOOTHIE RECIPE BOOK FWK





CHIA POWER SMOOTHIE

15g (~1.5 tbsp) Chia seeds
25g Spinach
25g protein powder, flavoured
70g Kiwi
100g 0-5% fat greek yogurt/soy yogurt
115g Banana
120g Oat drink, 0.5% fat, Oatly organic

1. Peel and slice the banana and kiwi. Add all ingredients to a blender. Blend for about 30 seconds, or until you have an even and creamy consistency. Add some water or ice cubes to get the desired texture, if needed, and blend again.
2. Serve the smoothie in a glass.

PRO TIP: A VANILLA FLAVOURED PROTEIN IS RECCOMENDED

KEISHA USES THE FREESOUL PROTEIN'S WHICH YOU CAN GRAB TOO
(DISCOUNT: FITNESSWITHKEISHA)



MATCHA MILKSHAKE

5g Matcha powder
15g protein powder, flavoured
25g Maple syrup
110g Banana
125g 0-5% fat greek yogurt/soy yogurt
130g Coconut milk, 6-7% fat, light
0.5 - 1 pinches Salt

1. Peel and roughly break up the banana. Add it to the blender or food processor.
2. Add the rest of the ingredients and a pinch of salt to the blender/food processor and blend for about 30 seconds or until you have an even and creamy consistency. You could add some water or ice cubes to get the desired texture.
3. Serve the shake in a glass.

PRO TIP: A VANILLA FLAVOURED PROTEIN IS RECCOMENDED



SNICKERS SMOOTHIE

10g Medjool dates
20g Peanut butter
30g protein powder, flavoured
100g Banana
200ml Almond drink, Original, Alpro
1/2 tsp Cocoa powder

1. Make sure your banana is frozen before making this recipe
2. Blend all the ingredients in a blender with loads of ice
3. Pour into a tall glass and enjoy!

PRO TIP: A CHOCOLATE FLAVOURED PROTEIN IS RECCOMENDED



CHOCOLATE CHERRY SMOOTHIE

5g Walnuts, natural
10g Dark chocolate chips
30g Protein Blend, Free Soul
40g Spinach
120g Cherries
250g Almond drink, Original, Alpro

1. Blend all the ingredients together
2. Enjoy!

PRO TIP: A CHOCOLATE FLAVOURED PROTEIN IS RECCOMENDED



AVOCADO, BLUEBERRY, BANANA AND YOGHURT SMOOTHIE

20g Protein Blend, Free Soul
55g Avocado, fresh
65g Blueberries
90g Oatgurt, Plain, Oatly
135g Banana

1. Cut the avocado in half and remove the stone. Use a spoon to scoop out the flesh and slice it.
2. Peel the banana and slice it. Rinse the blueberries.
3. Add all the ingredients to a blender/food processor. Blend for about 30 seconds or until smooth. You may need to add a splash of water to create a thinner consistency.
4. Serve the smoothie in a glass.



THINGS TO REMEMBER:

- YOU CAN HAVE THESE SMOOTHIE'S AS A BALANCED BREAKFAST OPTION OR SNACK
- IN ADDITION TO THE SMOOTHIE'S BE SURE TO INCORPORATE YOUR PCOS TEAS FROM WWW.DRINKSHANTI.COM TO HELP YUR SYMPTOMS & BE SURE TO STAY HYDRATED
- IF YOU WANTED AN EXCLUSIVE DISCOUNT TO TRY OUR PCOS TEA'S YOU CAN USE : SIPSOMESHANTI
- ALL THESE RECIPES ARE FROM OUR PCOS 1:1 COACHING - WE HOPE TO HELP YOU ON YOUR JOURNEY SOON

LOTS OF LOVE

keisha x