



PREP.POSITIVITY.POWER

Three Sensational Smoothies!

DontWaitChangeInside.com

Coach Cat

I'm so excited to have you here!

I absolutely love nerding out with things like goals and health.

I find it fun, and really rewarding (especially once you see **the awesome impact** putting goals into action can have on your health).

But I get that not everyone is into health like me, so I am here to lend you a bit of my enthusiasm, experience, and research to get you up, eating breakfast, and kick starting your day with

strength and energy so you can

Enjoy Your Wonderful Life!

For these 3 smoothies you will need:

Frozen Mixed Berries

Peanut Butter or Powder

Bananas

Frozen Cubed Pineapple

Unsweetened Shredded Coconut

Unsweetened Coconut Water or Milk

Unsweetened Almond Milk (or other plant-based milk)

Cocoa Powder

Oatmeal

Ice

Berry Energized

1 Cup Mixed Berries
1 Cup Unsweetened Almond Milk
1 Cup Ice
1/4 cup oatmeal

Place all ingredients into blender and secure lid. Turn machine on & slowly increase speed to high. Blend for 40-45 seconds (adding water as needed) until desired consistency is reached.

Pina Colada

1/2 Cup Cubed Pineapple
2 Tablespoons Unsweetened Shredded Coconut
1 Cup Coconut Water
1 Cup of Ice
1/4 cup oatmeal

Place all ingredients into blender and secure lid. Turn machine on & slowly increase speed to high. Blend for 40-45 seconds (adding water as needed) until desired consistency is reached.

Choco Banana

1/2 of a Banana
handful of spinach
1 Tablespoon of Peanut Butter or Powder
1 Cup of Unsweetened Almond Milk
1 Cup of Ice
1 Tablespoon of cocoa powder

Place all ingredients into blender and secure lid. Turn machine on & slowly increase speed to high. Blend for 40-45 seconds (adding water as needed) until desired consistency is reached.

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- Smoothies are more than a tasty drink if adding oatmeal or nut powder and fruit or greens for antioxidants & nutrients
- It can help you curb cravings thus leading to weight loss.
- It takes the stress out of meal planning because it is a healthy grab and go food.
- It is a solid source of fiber.
- It can help kick start clean eating habits.

Smoothies can be made with the healthy stuff you want to be eating every day but typically don't.

Fruit, vegetable, & whole grain ingredients are
nutrient powerhouses
considered to be especially beneficial
for health and well-being.

Interested in more healthy recipes?

Follow my Blog at
DontWaitChangeInside.com
and watch for Smoothie Saturdays!

Go Forth and Make Healthy Smoothies.

Best Regards,
Coach Cat