

KATHE'S PURPLE POWER SMOOTHIE

Prep. time:	Cook time:	Serves:
10 min	N/A	1



INGREDIENTS:

Mix all in blender

- 1 cup almond milk or milk of choice
- ½ cup frozen or fresh blueberries
- 1 scoop chocolate protein Powder
- Cocoa or cacao powder

OPTIONAL ADD-INS:

- Banana
- Cacao nibs
- Chocolate or carob chips
- Shredded coconut
- Maca powder

INSTRUCTIONS FOR DOUBLE-SIDED PRINTING

(this page can be deleted after reading)

To ensure the correct information is printed on each card after the printer flips the page when printing double-sided, please carefully follow the diagram below on how to place the card info in each box. This will help align the front and back of each card.

FRONT OF A CARD - PAGE 1

Recipe 1	Recipe 2
Recipe 3	Recipe 4

BACK OF A CARD- PAGE 2

Recipe 2 (Directions)	Recipe 1 (Directions)
Recipe 4 (Directions)	Recipe3 (Directions)

