

# Summer Smoothies



*Make and enjoy one smoothie each day to replace a meal or as a snack.*

## **Citrus Cooler**

2 scoops vanilla Elance Protein  
One orange (peeled, seeded and cut into chunks)  
or ½ cup orange juice  
½ cup pineapple chunks (fresh, frozen or  
canned), or ½ cup pineapple juice)  
1-2 cups low-fat milk or dairy free milk of  
your choice\* (use lower volume if you are using  
orange or pineapple juice)  
Blend until smooth  
*Note: if you use juice not fruit, you may want to  
add some ice for a thicker shake*

## **Tropical Greens**

2 scoops vanilla Elance Protein  
½ cup pineapple chunks (fresh, frozen or  
canned), or ½ cup pineapple juice)  
½ cup mango chunks (fresh or frozen)  
One generous handful of greens (spinach,  
kale, chard or mixed)  
1-1.5 cups water  
Blend until smooth

## **Banana Refresher**

2 scoops vanilla Elance Protein  
1- 2 cups unsweetened almond milk  
1 tablespoon almond butter  
1 banana (fresh or frozen)  
Blend until smooth

## **Power Greens Plus**

2 scoops vanilla Elance Protein  
1-2 cups low-fat milk or dairy free milk  
of your choice\*  
One generous handful of greens  
2 small or one large celery stalk, cut in chunks  
½ small avocado (you can sub ½ banana if you  
can't get avocado)  
*Optional – add 1 tsp unsweetened matcha  
(green tea) powder*  
Blend until smooth

## **Green Apple**

2 scoops vanilla Elance Protein  
One apple (peeled, cored and cut into chunks)  
Two cups of greens (spinach, kale, chard or mixed)  
1-2 cups water  
Blend until smooth

## **Matcha Energizer**

2 scoops vanilla Elance Protein  
1 cup low-fat milk or dairy free milk  
of your choice\*  
1 TBSP good quality unsweetened  
matcha (green tea) powder  
One small banana or one cup mango  
(fresh or frozen)  
Blend until smooth



#### Gut Check

2 scoops vanilla Elance Protein  
 ½ cup of unsweetened unflavored yogurt  
 (regular or Greek-style)  
 ½ banana  
 ½ apple (peeled and cut into chunks)  
 1-2 cups water  
*Optional – add a small amount of ginger, turmeric  
 or cardamom*  
 Blend until smooth

#### Nuts and Berries

2 scoops vanilla Elance Protein  
 1- 2 cups unsweetened almond milk  
 1-2 tablespoon unsweetened almond butter (or  
 peanut, cashew, etc)  
 One cup berries – blueberry, raspberry, blackber-  
 ry, strawberry, or mixed (fresh or frozen)  
*Optional – add one Tbsp flax seeds or hemp seeds*  
 Blend until smooth



**Élancé Frappe Protein Shake Vanilla**  
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