

## Smoothie – Paleo



### Ingredients:

- avocado, frozen (you can freeze your own or buy it frozen, I've done both)
- banana, frozen (freeze them in slices ahead of time)
- frozen cherries or other fruit
- paleo friendly unsweetened yogurt, like Kite Hill unsweetened Greek Style yogurt
- unsweetened almond milk
- almond butter (optional)
- chocolate collagen protein, or plant based chocolate protein powder of choice (for a vegan option)\*

### Directions:

Place all ingredients in a small blender and blend well until smooth and creamy.

I've used a Nutribullet or Ninja personal blender for this smoothie.

It makes just one serving, but you can easily double or triple the recipe to make more servings.

## **Ingredient Substitutes**

You can sub in any protein powder you like here for the chocolate collagen, like a plant based chocolate protein to make it vegan, or a keto protein to keep the carbs down.

You can sub in any nut or seed butter, or skip it altogether.

For the yogurt - a nice thick Greek style dairy free yogurt (Kite Hill has a good one).

You can also use any plant based yogurt that you want