



ALMOND JOY SMOOTHIE

By Dr. Cindy Tanzar
(Standard)

This shake is great for the detox week. If using after detox week, this recipe covers ½ Protein and ½ Fat at your meal. Feel free to add another scoop of protein powder and 3 more tsp of almond butter to get full servings of Protein and Fat at your meal. Make sure to eat your vegetable and fruit off to the side.

Makes 1 serving.



INGREDIENTS

- 8 oz. unsweetened almond milk
- 1 tsp. unsalted almond butter
- 1 tsp dried, unsweetened shredded coconut
- 1 Tbs cocoa powder
- 1 scoop Vanilla Protein Powder
- 10 drops liquid stevia

INSTRUCTIONS

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately.