

# Smoothie Options

(from the XS Nation page on Facebook)



## Morning Smoothie

- ◆ 1 cup frozen fruit (Mixed berries)
- ◆ 1 cup greens (your choice)
- ◆ ½ teaspoon turmeric powder
- ◆ ¼ teaspoon cinnamon
- ◆ 1 teaspoon freshly grated ginger
- ◆ 1 tablespoon chia seeds
- ◆ 1 cup coconut water
- ◆ 1 XS can (Dragon Fruit, Mango Pineapple Guava, Strawberry or Wild Berry)

## Energize Smoothie

- ◆ 1 serving XSSN Smoothie Charge
- ◆ 1/2 can XS Dragon Fruit
- ◆ 1 banana
- ◆ 2 cups of spinach
- ◆ Juice from 1/2 lemon
- ◆ Juice from 1/2 lime
- ◆ 1/2 cup frozen blueberries
- ◆ 1 cup frozen mango
- ◆ 3/4 tsp spirulina
- ◆ 2 sprigs fresh mint
- ◆ 1 chunk fresh ginger
- ◆ 1/2 tsp turmeric

## Post Workout - Banana-Chocolate Hafa Adai Mix

- ◆ 1 serving/pouch XS Protein Powder - Chocolate Milkshake
- ◆ 2 soft bananas (source of potassium)
- ◆ 10 oz cold water