



**Fox21 News Health & Fitness
Friday Smoothies!**

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Carmen Ohling

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Website: carmenohling.com

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Enjoy!

Carmen

Breakfast

Mon

Tue

Wed



Chocolate Avocado Smoothie



Blueberry-Zucchini Protein Smoothie



Chocolate Cauliflower Shake

Mon		Tue		Wed	
Fat	<div><div></div></div> 51%	Fat	<div><div></div></div> 30%	Fat	<div><div></div></div> 42%
Carbs	<div><div></div></div> 13%	Carbs	<div><div></div></div> 29%	Carbs	<div><div></div></div> 18%
Protein	<div><div></div></div> 36%	Protein	<div><div></div></div> 41%	Protein	<div><div></div></div> 40%
Calories	267	Calories	219	Calories	247
Fat	16g	Fat	8g	Fat	12g
Carbs	9g	Carbs	17g	Carbs	12g
Fiber	6g	Fiber	8g	Fiber	8g
Protein	25g	Protein	24g	Protein	26g

Fruits

☐ 1 oz Avocado

Breakfast

☐ 2 tbsps Almond Butter

Seeds, Nuts & Spices

☐ 1 tbsp Chia Seeds

Frozen

☐ 1/4 cup Frozen Blueberries

☐ 1 1/4 cups Frozen Cauliflower

Vegetables

☐ 1 cup Baby Spinach

☐ 1/2 Zucchini

Cold

☐ 3 cups Unsweetened Almond Milk

Other

☐ 1/2 cup Chocolate Protein Powder

☐ 1/4 cup Vanilla Protein Powder



Chocolate Avocado Smoothie

1 serving

5 minutes

Ingredients

1 oz Avocado
1 cup Baby Spinach
1 cup Unsweetened Almond Milk
1/4 cup Chocolate Protein Powder (1 scoop)
1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	267
Fat	16g
Carbs	9g
Fiber	6g
Protein	25g

Directions

- 1 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chocolate Protein Powder: Use vanilla protein powder or hemp seeds and add cocoa powder. I use and recommend Nuzest Protein Powder and Tone it Up Protein Powder, both plant based.

Likes it Sweet: Add frozen banana.

Nut-Free Version: Use cashew milk instead of almond milk and sunflower seed butter instead of almond butter.



Blueberry-Zucchini Protein Smoothie

1 serving

5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/2 Zucchini (chopped, frozen)
1/4 cup Frozen Cauliflower
1/4 cup Frozen Blueberries
1 tbsp Chia Seeds
1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	219
Fat	8g
Carbs	17g
Fiber	8g
Protein	24g

Directions

- 1 Combine all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seeds instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder, I prefer Nuzest or Tone it Up brands.

Milk: Use any unsweetened nut milk, cashew is yummy too!



Chocolate Cauliflower Shake

1 serving

5 minutes

Ingredients

1 cup Frozen Cauliflower
1 tbsp Almond Butter
1/4 cup Chocolate Protein Powder (1 scoop)
1 cup Unsweetened Almond Milk (Or sub cashew or flaxseed milk)

Nutrition

Amount per serving	
Calories	247
Fat	12g
Carbs	12g
Fiber	8g
Protein	26g

Directions

1

In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha: Replace half of the almond milk with chilled coffee.

Likes it Sweeter: Add pitted medjool dates.

No Maca Powder: Leave it out or use cinnamon instead.