

Banana Mango Smoothies

- 1 Scoop - JuicePlus+ Vanilla Complete Mix (15 carbs)
- ½ Medium Banana - Frozen is preferred. (13.5 carbs)
- .37 Cup (1/2 of ¾ cup= 5.5 ounces) Frozen Mango (12 carbs)
- 1 Cup - Vanilla Coconut Milk (9 carbs)

For a healthy addition I add in some flaxseeds (ground fresh or wheat germ).

Blend all ingredients together.

Total Servings: 1

Total Carbs: 49.5 (if plain coconut milk is used: 41.5 carbs)

This can be used as a healthy meal or snack. It helps to regulate insulin levels and keeps blood sugars more steady (great for night time sleeping).

Chocolate Banana Peanutbutter Smoothie

- 1 Scoop – JuicePlus+ chocolate Complete (15 carbs)
- ½ Medium Banana - Frozen is preferred. (13.5 carbs)
- 1 Tablespoon - Natural Peanut Butter (3.5 carbs)
- 1 Cup - Vanilla Coconut Milk (9 carbs)

You can add some healthy unsweetened coconut for a little variety (YUM!)

Blend all ingredients together.

Total Servings: 1

Total carbs: 41