

# The Natural Healing Center

4250 Veterans Hwy. Suite 104E | Holbrook, NY 11741 | 631.563.6503 | [TheNaturalHealingCenter.net](http://TheNaturalHealingCenter.net)

## Basic Chocolate Smoothie

### Ingredients:

- 1 cup filtered water, almond or coconut milk
- ½ cup ice
- 2 Tbsp. Whey Protein Complete
- 1 Tbsp. organic coconut oil
- 1 Tbsp. organic cocoa powder
- 1 banana
- Stevia to taste

### Directions:

Combine all ingredients in a blender and blend on high until smooth.

## Basic Vanilla Smoothie

### Ingredients:

- 1 cup filtered water, almond or coconut milk
- ½ cup ice
- 2 Tbsp. Whey Protein Complete
- 1 Tbsp. organic coconut oil
- 1 tsp organic vanilla extract
- 1 banana
- Stevia to taste

### Directions:

Combine all ingredients in a blender and blend on high until smooth.