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### **Smoothies**

Smoothies can be made with rice, almond, cashew, soy or regular dairy milk. An additional protein source is essential to the smoothie recipe. You can choose to add organic protein powder in the form of soy, whey or rice protein or you can additionally add 1-2 tablespoons of nut butter.

**Variations:** Milk source: dairy, soy, nut or rice.

**Protein source:** 1 T flax meal, 1 T nut butter or protein powder (whey or rice). For a colder smoothie, you may choose to add 4 ice cubes.

### **Pumpkin-Banana Smoothie**

2 serving vanilla flavored rice protein  
1 C vanilla soy milk, light  
¼ c canned pumpkin (not pumpkin pie mix)  
½ medium banana  
Dash of pumpkin pie spice

### **Chocolate Raspberry Shake**

2 serving chocolate flavored soy protein  
1 C vanilla soy milk, light  
1 C frozen raspberries  
1/8 tsp orange extract

### **Very Berry Shake**

2 serving vanilla flavored soy protein  
1 C vanilla soy milk, light  
1 c frozen mixed berries  
A few drops vanilla extract

### **Orange Julius Shake**

2 serving vanilla flavored soy protein  
1 C vanilla soy milk, light  
3 Tbs frozen orange juice concentrate  
¼ tsp vanilla extract

### **Apple Pie Shake**

2 serving vanilla flavored soy protein  
1 C vanilla soy milk, light  
1 C frozen apple slices  
A few dashes each cinnamon, nutmeg, cloves  
¼ tsp vanilla extract

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