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Smoothies



Mighty Mango

- 1 cup frozen mango chunks
- 2 tbsp low-fat Greek yogurt
- ¼ tsp cinnamon



Peanut Butter Banana

- 1 cup milk of choice
- 1 tbsp peanut butter
- ½ frozen banana



Hydration Station

- 1 cup frozen blueberries
- 1 cup frozen raspberries
- 2 cups cubed watermelon



Sweet Greens

- 1 cup milk of choice
- ½ cup frozen raspberries
- ½ cup kale or spinach

Cherry Chocolate

- ½ cup yogurt
- 1 scoop chocolate protein powder
- 1 cup frozen cherries

Strawberry Sunrise

- 1 frozen banana
- 10 frozen strawberries
- ½ cup milk of choice

Protein Frosty

- 1 cup milk of choice
- 2 scoops chocolate protein powder
- ½ frozen banana

Key Lime Pie

- 1 cup milk of choice
- 1 frozen banana
- 2 tbsp fresh lime juice