



Recipes

Smoothies

Cranberry Orange Smoothie

Prep Time: 5 minutes

Yield: 1 serving

Ingredients:

- 10 ounces of cold filtered water
- 2 scoops MCT Lean Vanilla Vegan Protein Blend
- 1/4 cup frozen cranberries
- 1 orange, peeled
- 1 dash cinnamon
- Ice as needed

Directions:

1. Blend all ingredients in a high powered blender until smooth.
2. Enjoy!