[***1 Corinthians 6:19-20***](https://www.biblegateway.com/passage/?search=1+Corinthians+6%3A19-20&version=ESV)***:****Do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.*

### [*1 Corinthians 10:31*](https://www.biblegateway.com/passage/?search=1+Corinthians+10%3A31&version=ESV)*: So, whether you eat or drink, or whatever you do, do all to the glory of God.*

Rise & Shine Smoothie

Chocolate, Peanut Butter, Oatmeal

**Total Time:** 5 minutes **serves:** 2

**INGREDIENTS:**

* 1/2 cup Almond milk
* 1 Banana, frozen-optional (or use a cup of ice)
* 2 tablespoon Peanut butter
* 3 tablespoon Quick Oats
* 1 teaspoon Cocoa powder
* 1 teaspoon of Agave nectar

**DIRECTIONS:**

1. Combine almond milk, banana, oats, cocoa powder, peanut butter & sweetener in a high-powered blender. Blend until smooth, adding additional milk as needed for desired thickness.
2. Enjoy immediately or store in a sealed container in the refrigerator for up to 24 hours.

**health benefits:**

Almond Milk: Dairy-free; low in calories & sugar; high in calcium, vitamin E & vitamin D

Banana: High in potassium, fiber, vitamins C & B-6; easily digestible; fat & cholesterol free

Peanut Butter: High in protein; healthy fat; source of fiber; keeps you full.

Oats: Gluten-free whole grain; high in fiber & antioxidants; lowers cholesterol & blood sugar.

Cocoa Powder: High in fiber & antioxidants.

Agave Nectar: All-natural, low-glycemic sweetener; sweeter than sugar so you use less.

**Banana Basic**



Bananas help keep your bowels healthy, provide nutrients that regulate heart rhythm and have vitamin compounds for eye health.

* 1 Cups water or Milk of choice
* 2 Bananas
* 1 cup spinach
* *with or without yogurt*

Fruit can be fresh or frozen. Blend and enjoy!

**Strawberry Soul**



Strawberries are packed with antioxidants, lower blood pressure and protect your heart. Packed with essential vitamins and minerals, they are also sodium, cholesterol and fat free.

* 1 cup water or Milk of choice
* 1 cup strawberries
* 1 banana
* 1 cup spinach
* *with or without yogurt*

Fruit can be fresh, frozen or canned. Blend and enjoy!