



UpSpring®

ESSENTIAL

milkflow™

LACTATION
SMOOTHIE
RECIPES



www.UpSpringBaby.com/blog

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HEY THERE ROCKSTAR, MOMMA!



As a breastfeeding mom, you have enough things to stress about and your milk supply doesn't have to be one of them!

We hope you enjoy these delicious Milkflow™ breastfeeding smoothie recipes to help increase breast milk supply and decrease your anxiety about making enough. Let's make some liquid gold smoothies!

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Read more breastfeeding tips here:

www.UpSpringBaby.com/blog-breastfeeding-issues

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PLEASE NOTE: These recipes are created to help boost your breast milk supply, but if you have any questions or concerns, please consult your lactation consultant or physician.

BERRY BLAST SMOOTHIE

This delicious smoothie blends fresh fruits, yogurt, honey and Milkflow Berry Drink Mix to give you antioxidants, protein and a powerful galactagogue (fenugreek) for a nutritional breastfeeding boost!

BERRY BLAST SMOOTHIE

INGREDIENTS:

- 1 packet of Milkflow Berry Drink Mix
- 1 cup Mix of Blueberries, Blackberries & Strawberries
- 3/4 cup Plain Greek Yogurt
- 1 tbsp Honey (raw and local is best)
- 1 cup Water or Orange Juice
- 1 cup Ice

DIRECTIONS:

Add the berries, Milkflow Berry Drink Mix, liquid, yogurt and ice to your blender and mix!



NUTTY CHOCOLATE BANANA SMOOTHIE

If you're a chocolate lover, this Milkflow Chocolate Drink Mix smoothie blends sweet chocolate chips, banana, almond milk, peanut butter and other delicious flavors for a breast milk boost!

NUTTY CHOCOLATE BANANA SMOOTHIE

INGREDIENTS:

- 1 packet of Milkflow Chocolate Drink Mix
- 1 cup Almond Milk
- 1/2 Banana
- 1/3 cup Chocolate Chips (semi sweet)
- 1 tbsp Peanut Butter
- 1/2 tsp Vanilla Extract
- 1/2 tsp Cinnamon
- 1 cup Ice

DIRECTIONS:

Add the almond milk, Milkflow Chocolate, chocolate chips, vanilla, cinnamon, peanut butter and ice to your blender and mix!



VANILLA CHAI LATTE SMOOTHIE

Are you a chai lover? Try this mix of Milkflow Chai Tea Latte Drink Mix, cashews, vanilla and more for an easy tea-riffic tasting breast milk boost!

VANILLA CHAI LATTE SMOOTHIE

INGREDIENTS:

1 Scoop of Milkflow Chai Tea Latte Drink Mix

1 Banana (frozen)

3/4 cup Almond Milk with Vanilla

(add 1/4 tsp of vanilla if you only have plain almond milk)

1/4 cup Cashews

1 tbsp Ground Flax Seed

DIRECTIONS:

Add the almond milk, Milkflow Chai, cashews, banana, flax seed and ice to your blender and mix!





THANKS FOR DOWNLOADING!

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