

RECIPE

Everyday Smoothie



Ingredients

- 2 cups kale or spinach
- ⅓ cup frozen mixed berries
- ½ frozen banana
- 1 tbsp pure nut butter
- 1 scoop protein powder
- 1 tsp spirulina, maca, matcha, (optional)
- 1 ½ cup unsweetened nut milk

Preparation

1. Place all ingredients in the blender and blend.

***option to put a tbsp of flax meal or chia seeds in post blending.**