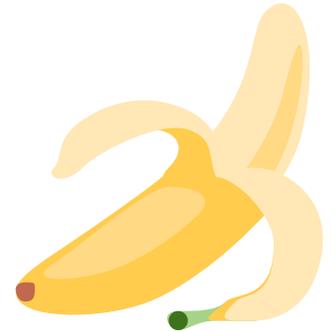


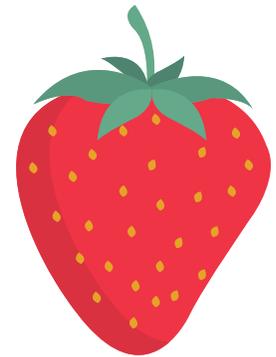
berry banana fruit smoothie

Smoothies are a great way to start the day off with a serving of fruits and vegetables. Below is a base recipe you can modify to your appetite and taste preferences...



Ingredients:

- 1/2-1 frozen banana
- 1/2 - 1 cup frozen berries (or another fruit like mango)
- 1 tablespoon chia, flax, or hemp seeds OR 1 Tbsp nut butter
- 1 large handful of frozen spinach or kale
- 1 scoop vanilla protein powder OR 1/3 cup yogurt (optional)
- Milk (whatever kind you prefer) or water, to desired consistency



Directions: Add all ingredients to a blender, and enjoy!