



Fruit Smoothy

Frozen Mango or Berries (TJs has great frozen fruit)

Ripe Banana

OJ

Apple juice/Berry juice

Protein powder

Flax seed oil

Spinach/Broccoli etc.

Cinnamon (optional)

**Be adventurous and try some different ingredients-yogurt, soy milk, carrot juice. It almost always tastes good.*



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