

LIVING WELLNESS

Recipes



Morning Power Smoothie

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SERVINGS: 1 SERVING

CATEGORY: BREAKFAST, DESSERT

TIME: PREP- 3-5 MINUTES

INGREDIENTS

- 8 ounces milk (almond, coconut, or plain)
- 1 ripe banana
- ½ cup crushed ice
- ½ avocado (about ¼ cup)
- 2 dates, or 1 tablespoon honey or [maple syrup](#)
- 2 tablespoons (or one serving) [chocolate protein powder](#)
- 1-2 tablespoons almond butter or [peanut butter](#)

INSTRUCTIONS

Blend for 20 seconds until smooth.

Notes:

- Choose organic to reap full benefits of your food.
- I make this smoothie almost every day in my [bullet blender](#). The single serve option makes cleanup and daily use EASY

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