

Kevin's Favorite Morning Smoothie

Enjoy this cleansing smoothie in the morning to get your day off to a great start!

Put in a Vitamix, Nutribullet, or other high velocity blender:

1/2 banana
1 orange (peeled)
1/2 cup fresh organic baby spinach leaves
1 scoop vanilla protein powder
1/2 tsp Hawaiian Spirulina Powder
1 tsp. organic Flax Seed Oil
2 packets NuStevia (stevia sweetener) - optional
1 cup purified water

Blend all ingredients until smooth. Add a pinch of cinnamon on top after blending.

Drink and enjoy immediately!



Insights of New Orleans, LLC

(504) 832-4096

www.InsightsofNO.com