*MaryAnn’s Signature Smoothie:*



*These ingredients are only suggestions!*

***<<The chart to the left is from the Nutri-bullet Info guide***

*Seek education on your particular health/ nutrition needs before making major changes to your diet! :)*

*All Ingredients should be organic*

* Small handful of almonds/walnuts
* 1 ½ carrot
* ¼ cucumber
* 1 teaspoon chia seed
* 1 teaspoon flax seed
* 1 teaspoon coconut
* ½ teaspoon Peanut Butter powder
* 2 sprigs of celery
* ¼ cup pineapple juice
* Small dash of lemon and lime juice
* 2 radishes
* ¼ mid-size beet
* ¼ cup frozen or fresh Kale/Spin
* ¼ frozen apple or blueberries or strawberries
* 1 banana
* Nutri-bullet Super greens ½ teaspoon
* Pure liquid ionic magnesium
* Dash of cinnamon
* ½ teaspoon Youngevity (beyond osteo-fx)
* ¼ teaspoon spirulina

