

DIY

HORMONE SUPPORT SMOOTHIE

INGREDIENTS:

- 1 FROZEN ORGANIC BANANA
- 1 TBSP CHIA SEEDS
- 1 TBSP CACAO NIBS
- JUICE FROM ONE ORANGE
- 3 DROPS ORANGE VITALITY ESSENTIAL OIL
- 2 DROPS ENDOFLEX VITALITY ESSENTIAL OIL BLEND
- 1-3 TSP ORGANIC COCONUT OIL (OPTIONAL)
- 1 CUP ORGANIC SPINACH
- 1/4 CUP DRY, UNSALTED AND UNROASTED ALMONDS*
- 1/4 CUP UNSWEETENED YOGURT OF CHOICE
- 2/3 CUP UNSWEETENED MILK OF CHOICE OR WATER
- 5-7 ICE CUBES (OPTIONAL)

*IDEALLY ALMONDS ARE SOAKED OVERNIGHT

ADD INGREDIENTS TO A BLENDER IN THE ORDER LISTED AND BLEND WELL. TOP WITH A SPRINKLE OF DRIED COCONUT, CHIA SEEDS OR SLICED ALMONDS. ENJOY!

