

# MORNING SMOOTHIE MAKEOVER

FRUITS



frozen acai, apple, apricot, avocado, banana, blackberry, blueberries, cherries, cranberries, dates, dragon fruit, fig, grapes, kiwi, lemon, mango, melon, nectarine, papaya, passion fruit, peach, pear, pineapple, plum, pomegranate, pumpkin, raspberry, strawberry

VEGGIES



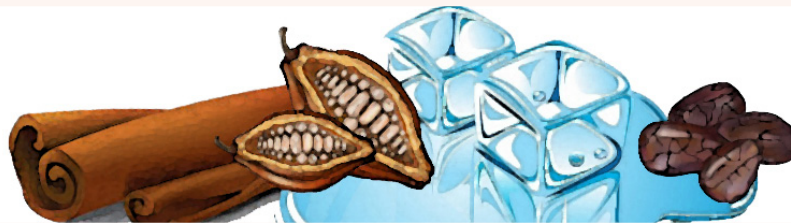
beets, broccoli, carrots, cauliflower, celery, chard, cucumber, kale, peas, spinach

LIQUIDS



almond milk, cashew milk, coconut milk, coconut water, coffee, cow milk, hemp milk, kefir, rice milk, soy milk, yogurt, water

EXTRAS



agave syrup, bee pollen, cacao powder, camu powder, chia seeds, cinnamon, coconut shredded, coconut oil, dha oil, flax seeds, ginger, goji berries, golden berries, hemp seeds, honey, ice cubes, maca powder, maple syrup, tumeric, vanilla extract

PROTEINS



NUTS: almonds, brazil nuts, cashews, hazelnuts, walnuts BUTTERS: almond, walnut, peanut, sunflower POWDERS: protein, collagen