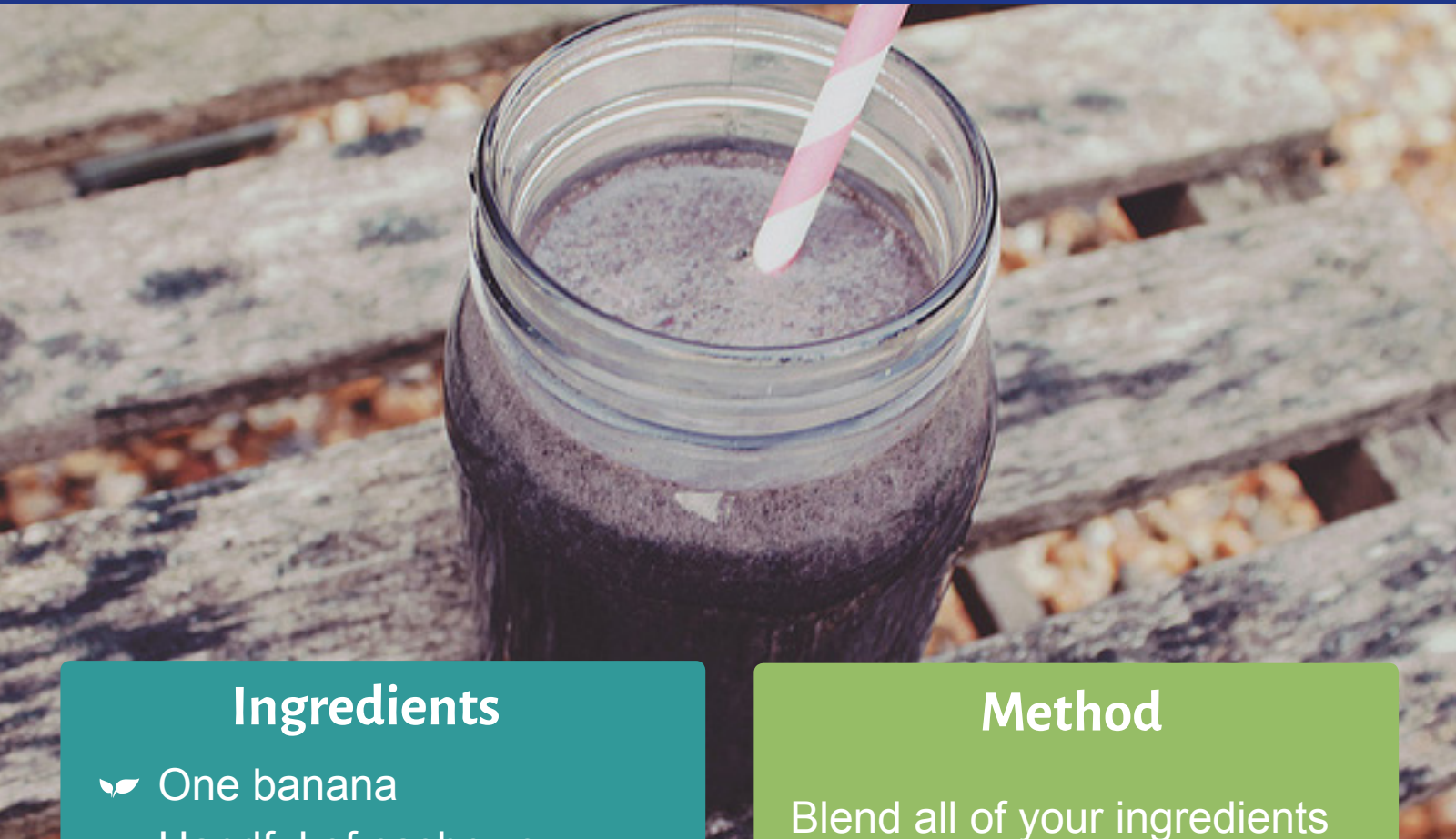




Indigo Herbs Natural Health Guide

Bounty Smoothie



Ingredients

- 🌿 One banana
- 🌿 Handful of cashews
- 🌿 150ml almond milk
- 🌿 1 tbsp coconut oil
- 🌿 1 tbsp purple corn extract
- 🌿 1 tsp raw cacao
(or organic cocoa powder)

Method

Blend all of your ingredients together in a smoothie maker or blender for as long as it takes to create a delicious, healthy drink. Perfect for an energy boosting breakfast!