



Indigo Herbs Natural Health Guide

Beet, Acai and Cordyceps Smoothie



Ingredients

- 🌿 ½ cup almond milk
- 🌿 1 small banana
- 🌿 1 cup frozen blueberries
- 🌿 1 tsp cordyceps powder
- 🌿 1 tbsp beetroot powder
- 🌿 ½ tbsp acai powder
- 🌿 1 pack stevia
- 🌿 Water to thin

Method

Add all of your ingredients to a blender and whizz together for a delicious, refreshing smoothie. Add either water or your favourite herbal tea infusion to dilute the mixture.