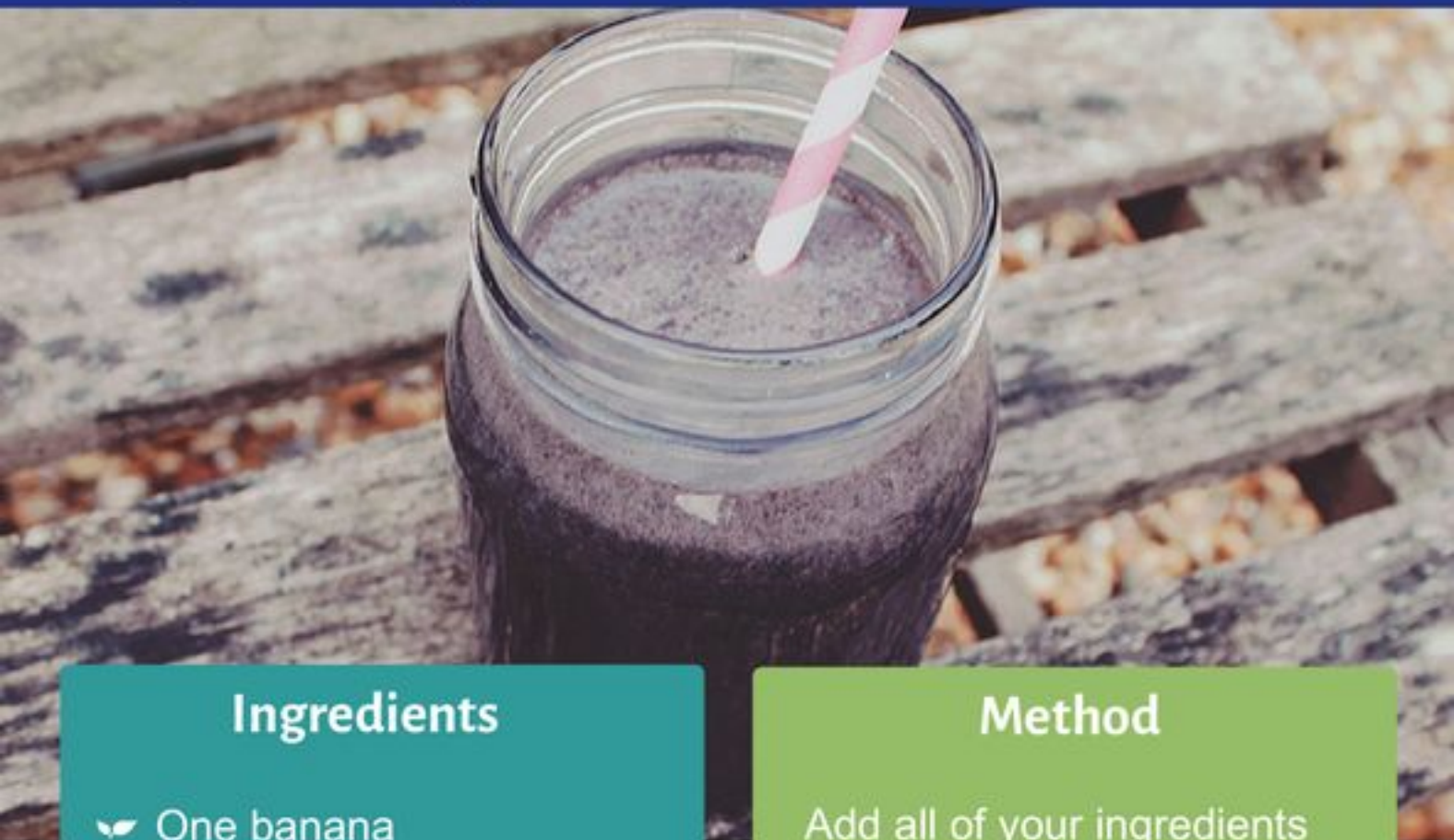




Indigo Herbs Natural Health Guide

Berry and Banana Bonanza



Ingredients

- 🌿 One banana
- 🌿 250g blueberries
- 🌿 75g plain yoghurt
- 🌿 1 tbsp wheatgrass powder
- 🌿 1 tbsp acai powder

Method

Add all of your ingredients to a blender or smoothie-maker, and mix for as long as it takes for the ingredients to blend into a fresh, fruity drink.