



Indigo Herbs Natural Health Guide

Tropical Berry & Coconut Smoothie



Ingredients

- Handful of blueberries
- 1 banana
- 1 tsp bee pollen granules
- 1 tsp acai powder
- 1 tsp banana powder
- 1 tsp coconut milk powder
- 400ml almond milk

Method

Blend all ingredients together with a food processor or smoothie maker for a delicious energy boosting taste of summer rich in potassium.