



Indigo Herbs Natural Health Guide

Rise & Shine Super Smoothie



Ingredients

- 200ml unsweetened almond milk
- 20g hemp protein powder
- 10g maca powder
- 10g baobab powder
- 1 tsp of sugar free nut butter
- 1 banana
- Spinach
- Strawberries

Method

Throw your ingredients into a food processor or smoothie maker and blend together for a delicious, protein packed start to the day!