

Smoothie Receipe:

Ingredients:

1 Banana

½ Apple (organic, peeled)

½ cup of blueberries

¼ cup of mangoes

1 and ½ cups almond milk

2 Tbsp Psyllium husk

1 Tbsp Omega-3 oil

4 Tbsp hemp hearts

1 Tbsp almond butter

Blend all the ingredients together until its smooth. Add water as necessary