

G O O P



DETOX

Blueberry and Almond Smoothie

ingredients

- 1 scoop of a complete nutritional, whey protein fortified powder (not soy protein)
- 1/2 cup blueberries
- 1 scoop of a ProGreens type of powder (preferably with probiotics)
- 1 1/2 cups almond milk

preparation

Blend everything together.