

breakfast smoothie

Dairy free breakfast never tasted so good!

melville
NATUROPATHY

Ingredients

- $\frac{3}{4}$ cup mixed frozen berries
- 1 serving of protein powder (we recommend 'Herbs of Gold Green Power Protein')
- 1 tsp. cinnamon
- 1 tbsp. chia seed (best soaked overnight in water)
- 1 tbsp. avocado
- 1 tsp. wheatgrass powder (optional)
- $\frac{1}{2}$ tsp. agave (natural sweetener available from health food stores)
- 1 cup (approx.) oat, almond or rice

Method

Blend all ingredients together, pour into a glass and enjoy!