



LIFTED BLACKBERRY SMOOTHIE

Prep time: 30 sec | Serves: 1

INGREDIENTS

- ½ cup frozen blackberries
- 1 small banana, peeled and sliced
- ½ cup unsweetened almond milk
- 3 to 4 ice cubes
- 2 tablespoons coconut cream
- 1 tablespoon maca powder

NUTRITION DATA

150 calories | 5.7g fat
3.6g protein | 23.8g carbs
5.8g fiber | 10.2g sugar
93mg sodium

STEPS

01

Combine all of the ingredients in a blender.

02

Pulse several times then blend on high speed for 30 to 60 seconds.

03

Pour into a large glass and enjoy immediately.



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Source: Outback Vision Protocol