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INGREDIENTS: • HANDFUL OF ICE • 12
OZ CASHEW MILK (OR NON-DAIRY MILK

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OF CHOICE) • ONE BANANA • SCOOP OF NATURAL NUT BUTTER (CASHEW, ALMOND, PEANUT) • 1 TSP ORGANIC CINNAMON. SUPERFOOD INGREDIENTS: • 1 TBSP SUNFOOD SACHA INCHI PROTEIN • 1 TBSP SUNFOOD CACAO POWDER • 1 TBSP SUNFOOD COCONUT PALM SUGAR. DIRECTIONS:

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Ingredients. 3 stalks of kale (discard the tough stalk and use the leaves) 3 leaves of Cos lettuce 1 cup coconut water 1 small frozen banana A small handful of goji berries or blueberries 1 tsp hemp seeds 1 tsp chia seeds 1 tsp bee pollen 1 tsp maca powder 1 tsp spirulina.
Method.

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Smoothie Book - Vogue

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