



Purple Crush SMOOTHIE RECIPE

Why smoothies?! Simple. No other meal is going to pack more nutrition into one easy to consume, easy to digest, convenient meal that every cell in your body and brain will benefit from.

Packed with essential vitamins, minerals, antioxidants, electrolytes, fibre, amino acids and hydration, drinking a delicious Daily Nutritional Support smoothie each morning is the perfect way to energize the body, balance the brain and kickstart the day with vitality!

Recipe

- **8oz Unsweetened Non-Dairy Milk** (like Almond, Coconut or Rice Milk)
- **8oz water** (warm or room temperature)
- **1-2c Wild Blueberries** (frozen)
- **1c Leafy Greens** (fresh or frozen and/or 1 TBSP *Fruit & Vegetable Blend* powder)
- **2 scoops Daily Nutritional Support Powder** (with essential vitamins, minerals, antioxidants, electrolytes, plus vegan protein)

Optional Add-Ons

- 1 Small banana (frozen or fresh)
- 1 TBSP hemp, chia or ground flax seeds
- ½ tsp Maca powder (for adrenal support)
- Pinch of ginger powder (for digestion)
- Pinch of cinnamon (for healthy blood sugar)



TIPS: Drink at room temperature over 1-hour to improve digestion and prevent bloating.

