

Recipe

BLUPHORIA GREEN SMOOTHIE

THE GOODS:

- 1-1 ½ cups hibiscus tea
- ½ cup of blueberries and/or black berries combined
- 1-2 scoops protein or collagen powder of choice (plain or vanilla)
- 1-2 tsp coconut oil
- 1 tsp chia seeds
- 1 handful baby sprouts or 1 scoop green powder
- Scoop of blue spirulina powder (optional)

THE METHOD:

Add all ingredients into a blender and blend for 30 seconds, or until desired texture. Enjoy!

Boulder Nutrition