

Recipe

PEACEFUL WARRIOR GREEN SMOOTHIE

THE GOODS:

Serves 1

- 10-12 ounces coconut water
- 1/2 cup mixed berries
- 1 cup (or more) greens of choice
- 1 scoop vanilla protein powder of choice
- ½ cup whole milk plain yogurt (or dairy free yogurt)
- 1 scoop collagen powder (optional)
- 1 scoop adaptogens (optional)
- 1 tsp coconut oil
- 1 teaspoon raw honey

THE METHOD:

Place all of the ingredients into blender and blend until smooth. Sip and enjoy

Boulder Nutrition