

VERY BERRY SUPERFOOD SMOOTHIE

Ingredients:

- 2 scoops PURIFYPLUS
- 1 cup berries (I love strawberries, raspberries, blackberries)
- ½ banana
- 1 cup almond milk or H₂O
- 1 tablespoon chia seeds
- ½ cup ice

HINTS:

Store your berries, fruit and sliced bananas in the freezer!
Add more or less liquid to get your preferred consistency.
PURIFYPLUS contains LIVE enzymes so make sure to drink within an hour of blending.

