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Tune in tomorrow at 7PM EST. Let's kick things up a notch. Are you ready? 🏽

49w

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GREEN BREAKFAST PROTEIN SMOOTHIE


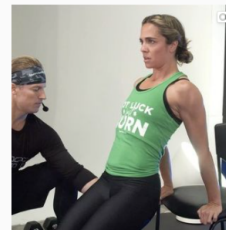
INGREDIENTS

- 1 cup Almond Milk or Soy Milk
- 1/2 cup Spinach
- 1/2 teaspoon Spirulina
- 1 Banana
- 1 tablespoon Peanut Butter
- 1 teaspoon Honey
- 5-6 ice cubes

DIRECTIONS

- Add above ingredients to blender. Blend and enjoy!

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**WILL IT BE EASY?
NO.
WILL IT BE WORTH IT?
ABSOLUTELY.**

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