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burnbootcamp This week's Knockout was DEFINITELY the most difficult workout we've ever completed!

Up for the challenge? 🤔

Knockout is available on our Youtube channel for all members! Check with your local Burn Boot Camp for online access to our entire library of

4,090 views
FEBRUARY 28

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GREEN BREAKFAST PROTEIN SMOOTHIE


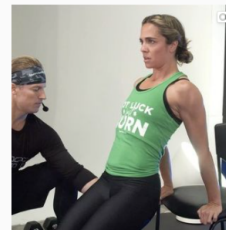
INGREDIENTS

- 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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