



FYGmdnp Recipe

Gut Health Green Smoothie

(• Makes 1 serving)

- 1 small frozen banana
- A handful of frozen pineapple or mango
 - A handful of organic spinach
 - 1 tsp moringa powder
 - 1/2 tsp spirulina
 - 1/2 tsp maca powder
 - 1/2 tsp glutamine powder
 - 1 serving of unflavored collagen powder
 - add coconut water to desired consistency

1. Blend banana, pineapple/mango, spinach, and coconut water. Add in remainder of ingredients and blend well.

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