



*Vital Life Design*

## **Breakfast Smoothie**

**1/2 banana**

**1/2 avocado**

**1/2 cup frozen berries**

**1 tsp spirulina**

**1 tsp flax oil**

**1/2 cup milk of choice (hemp, soy, almond etc.)**

**1 tsp ground flax**

**water for blending if needed**

Place ingredients in a blender (all except for oil). Blend until smooth. Stir in oil.