

Lauren Haas

WILD ORGANIC WELLNESS

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Blueberry Banana Hemp Smoothie

Make Time: 5 minutes

Serves: 1

Ingredients:

½-1 cup	frozen wild berries
½	banana
1 tablespoon	almond butter
2 scoops	Vital Proteins collagen peptides (20 grams)
1 ½ scoops	Biotics Nutriclear*
1 cup	unsweetened vanilla hemp milk or any nut milk
	Whole Foods French vanilla stevia, to taste (optional)

Directions:

Add to blender and blend until smooth.

***To order Biotics Nutriclear, call (760) 407-8222. Tell them Lauren Haas is your practitioner and set up an account. If you are having trouble, email me: Lauren@haasholistic.com**

Feed Your Wild

Wellness

Happiness

Balance

Good Food

Love

Vibrance