

"Super Shake"

Ingredients

1 banana
1 mango (or another banana)
1/4 slice of lemon (yellow trimmed)
knuckle sized piece of fresh ginger
1 TBSP raw honey
1 cup of frozen blueberries
1/4 cup raw hemp seeds
2 servings Innate Choice Vita Sufficiency
2 servings Innate Choice Omega Sufficiency
2 servings Innate Choice Probiotic Sufficiency
(optional 1 TBSP coconut butter)

Instructions

Reserve frozen blueberries, add all other ingredients to a vita mix, add water to bring level to 3 cups - blend on high until smooth. Add Frozen blueberries and a few ice cubes - blend until smooth. Serves two.