

"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.