

BREAKFAST OF CHAMPIONS SMOOTHIE

What I love about this smoothie... it is packed with a variety of fruits. We are told it's important to eat the rainbow and this smoothie gets you started on your way. I've also added a protein powder for an extra boost.



INGREDIENTS

- 2 big handfuls of spinach
- 1 banana
- 1 apple, cored
- 1 handful of frozen blueberries
- 3-4 frozen strawberries (or handful of your favorite berries)
- 3-4 frozen peaches (or handful of pineapple or mango)
- 1 scoop of Sunwarrior or Vega protein powder (or another protein powder)
- 3 cups of cold filtered water (less if you want it thicker)

METHOD

Blend all ingredients until smooth.