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LIFE IN ABUNDANCE

Green Energy Smoothie



Great for: Detox, digestion, and sustained energy

Use a blender or NutriBullet

Ingredients:

- ♥ 1 cup unsweetened almond milk or oat milk
- ♥ 1 banana (frozen if you like it thicker)
- ♥ 1 cup spinach or kale (fresh or frozen)
- ♥ ½ cup avocado (adds creaminess + healthy fats)
- ♥ 1 tablespoon chia seed
- ♥ ½ cup pineapple chunks (fresh or frozen)

Tip: *Blend until creamy. Add protein powder or Greek Yoghurt for extra protein*

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Berry Antioxidant Smoothie



Use a blender or NutriBullet

Great for: Skin health, reducing inflammation, and boosting immunity

Ingredients:

♥ 1 cup unsweetened almond milk or soy milk
♥ 1 cup mixed berries (blueberries, strawberries, raspberries or blackberries)
♥ ½ banana (for sweetness)
♥ ½ cup Greek yoghurt (adds proteins + healthy probiotics)
♥ 1 tablespoon nut butter (almond or peanut)
♥ Optional: 1 teaspoon honey for extra sweetness

Tip: *Use frozen berries for a thick, refreshing texture*

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Tropical Protein Smoothie



Use a blender or NutriBullet

Great for: Post-workout recovery and hydration

Ingredients:

- ♥ 1 cup coconut water
- ♥ 1 cup frozen mango or papaya
- ♥ ½ cup pineapple
- ♥ ½ cup Greek yoghurt or protein powder
- ♥ 1 tablespoon hemp seeds (extra protein + omega-3s)
- ♥ Juice of ½ lime

Tip: *Add a handful of spinach for hidden greens without changing the taste*

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