



POWER SMOOTHIE

By Dr. Cindy Tazar
(Standard)

Makes 1 serving covering your protein and fruit.



INGREDIENTS

2 Scoops Vanilla Protein Powder
10 oz unsweetened almond or coconut milk or water
1/2 teaspoon ground turmeric
1/2 teaspoon ground or fresh ginger
Juice of 1 lemon
1 orange
Ice (optional)
Stevia to taste

INSTRUCTIONS

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately.