

# Angie Bloom

## Hormone Balancing Morning Smoothie!

### INGREDIENTS:

- ½ cup strawberries (I like mine frozen)
- ½ cup milk of choice (I like coconut milk)
- 1-2 tbsp Nut Butter of choice, I alternate between peanut butter and sunflower seed butter
- 1 tsp chia seeds
- 1 scoop vanilla Paleo Protein Powder
- ½ frozen banana
- ¼ - ½ cup ice
- ½ handful of spinach

### Instructions:

1. Add fruit, milk, nut butter, chia seeds, ice, spinach and frozen banana to blender and blend to consistency that you love and desire! ENJOY!

**Nutrition: Serves 1 Calories 343** Fat 12.7g, Carbs 27.5g, Protein 27.6g, Fiber 6.1g, Sugar 14g

