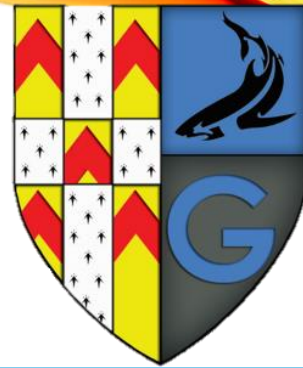


# GARRICK SUPER SMOOTHIE



## Ingredients

- 2 tsp blue spirulina
- 1 large frozen banana or 2 small frozen bananas
- ¼ cup frozen blueberries
- ¼ cup frozen strawberries
- ⅓-1/2 cup plain yogurt (depending on how sour you like it)
- ⅔ - 1 cup milk (depending on the thickness you prefer)
- 1.5 tbsp sweetener of your choice (I used honey)

The colour comes from blue spirulina, a nutrient dense aqua botanical that is rich in protein, vitamins, minerals and antioxidants. Besides the high nutritional content, it is known to boost the immune system and increases energy too.



Yogurt – Rich in calcium, vitamin B-2, vitamin B-12, potassium, and magnesium. Probiotics in yogurt also help to boost the immune system and promote a healthy digestive tract.

Bananas – They are loaded with essential vitamins and minerals such as potassium, calcium, magnesium, iron, folate, niacin, riboflavin, and B6. Bananas also keep you full for a longer period of time.

Blue Spirulina – A great source of protein and an excellent source of vitamins.

Blueberries – Low in Calories, but blueberries are among the most nutrient-dense berries.

Strawberries – Strawberries are an excellent source of vitamins C and K as well as providing a good dose of fibre, folic acid and potassium. They also contain significant amounts of phytonutrients and flavonoids which makes strawberries bright red.