

POWER SMOOTHIE

Makes 1 serving covering your protein and fruit.



Ingredients

- 2 Scoops Pure Vitality 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.