



Super Six Smoothie

Make a delicious dent in your daily nutrient needs with this quick, high fiber, liquid power breakfast-combining six “super foods” for super health. *Visit the Hilton Head Health YouTube channel to watch a video demonstration of this recipe!*

INGREDIENTS:

1 Tbsp raw almonds
1 Tbsp ground flax seeds
¼ cup organic blue berries
½ cup mango nectar
¼ cup low fat plain yogurt
1 Tbsp Spirulina protein powder
½ cup ice

PREPARATION:

- Combine all ingredients in a blender cup and process 1 minute or until smooth
- Drink immediately

Number of Servings: 1
Calories: 218
Fat Grams: 5

