



Energizing Morning Smoothie

Break-the-fast (consume upon waking)

Ingredients (Serves 2)

- 1/2 cup water
- 1 small handful of fresh spinach
- 1/4 avocado
- 1/2 cup fresh or frozen berries
- 1/2 banana
- 1/2 Tbsp. hemp oil (or olive or avocado oil)
- 1 Tbsp. hemp seeds
- 3/4 Tbsp. chia seeds
- pinch of cinnamon
- optional: 2 tablespoons hemp protein powder (or any protein you have at home)

Prep Instructions

1. Blend all ingredients together until smooth.
2. Add water to thin as desired.



MOUNTAIN TREK
Fitness Retreat & Health Spa