

INGREDIENTS:

- 1 medium frozen banana (about 7 oz.)
- 1/2 small Fuji apple, cored and peeled (about 1 1/4 oz.)
- 1 cup ice cubes
- 1/4 cup unsweetened vanilla hemp milk
- 1 teaspoon blue spirulina powder (such as Blue Majik)
- 1/4 cup plain whole-milk yoghurt,
- 1 Tbsp of Coconut Flakes
- 1 cup of Fruit of your Choice (To Garnish)
- 1.5 heaped Scoops of our Fruit Fibre Powder



HOW TO PREPARE:

STEP 1:

Combine the Banana, Apple, Ice, Hemp Milk, Spirulina Powder and Yoghurt in a blender

STEP 2:

Blend for 1 min, Until Smooth

STEP 3:

Pour into your favourite bowl and grab a spoon.

STEP 4:

Garnish with some Coconut flakes and Fruit of your choice and Enjoy!

Fruit Fibre Powder For Weight Loss



How To Use:

Mix 1 1/2 heaped scoops (15g) into your liquid of choice, adding fresh fruits and blending into a smoothie. Use 1 to 3 times per day, or as required.