

Recipe

GOLDEN MILK GREEN SMOOTHIE

THE GOODS:

- 1-1 ½ cups milk of choice
- ½ cup mango
- 1-2 scoops protein or collagen powder of choice (plain or vanilla)
- 1-2 tsp nut butter
- 1 tsp flax seeds
- 1 handful greens
- 1 tsp of golden milk powder or turmeric powder
- 1 squeeze of lemon/lime

THE METHOD:

Add all ingredients into a blender and blend for 30 seconds, or until desired texture. Enjoy!

Boulder Nutrition