



BERRY IMMUNITY SMOOTHIE

We love our morning smoothies! The team at Blue Toad has developed many smoothie recipes (stay tuned!) that also work well with our functional blends. Enjoy this healthy smoothie, build your immunity, and please don't forget to **Tag the Toad™** on Instagram!

INGREDIENTS

- Fill your blender about 1/2 high with baby spinach
- 2 1/2 cups of mixed dark berries
- 1 frozen banana
- 1 cup of ice
- 1 cup of plant milk (almond, oat, cashew, etc.)
- 1 serving of Blue Toad **POWER BLEND** (15 Organic Mushrooms, Probiotics, Immuna® Immune Booster, Amla/Vitamin C, etc.)
- 1 gram of cinnamon
- 1/2 gram of turmeric
- 1/4 cup of your favorite Vanilla Plant Protein powder

INSTRUCTIONS

1. Blend at high speed until all ingredients are homogeneous.
2. Pour into a tall glass and top with your favorite fruit or garnish!
3. The Toad says enjoy!