



LIFEUP'S CAN'T MISS MORNING SMOOTHIE

LINK TO POWDER,
IF YOU LOVE IT!



- 2 scoops DNS/Protein Powder*
- 1 Cup Mixed Berries/Fruit*
- 1 Packed Cup Spinach/Greens*
- 1-2 Tbs Coconut Cream/Fat*
- 12 oz. Purified Water*
- 8 oz. Nut Milk of Choice*



**Can 2x recipe to make in bulk!*

LifeUP
HEALTH COACHING
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