

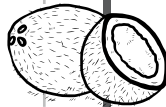


# POWER THYROID SMOOTHIE



## LOW-INFLAMMATORY SMOOTHIE

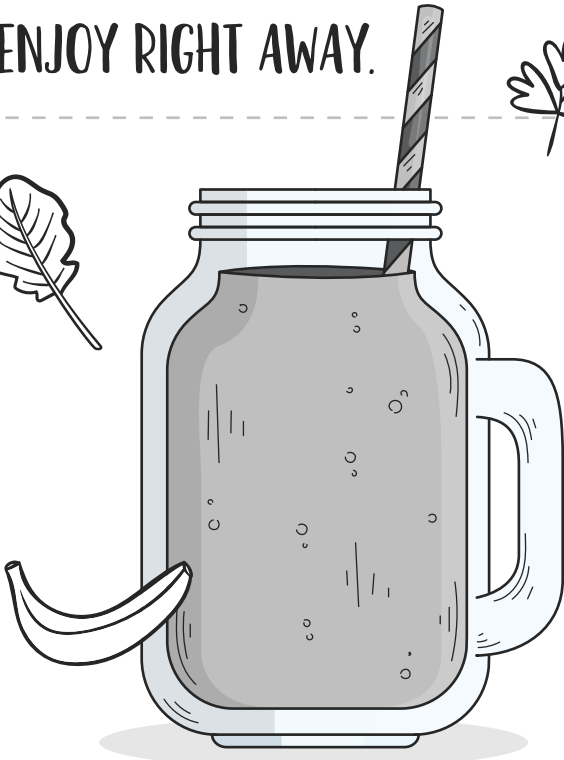
### SERVINGS:



### INSTRUCTIONS:

Simply add all ingredients to a high-speed blender and blend until smooth.

### ENJOY RIGHT AWAY.



### INGREDIENTS:

1 cup of full-fat unsweetened coconut or almond milk

1 cup of frozen blueberries

½ plantain



1 handful of fresh spinach

1 serving of vanilla paleo protein powder (found in my store)

