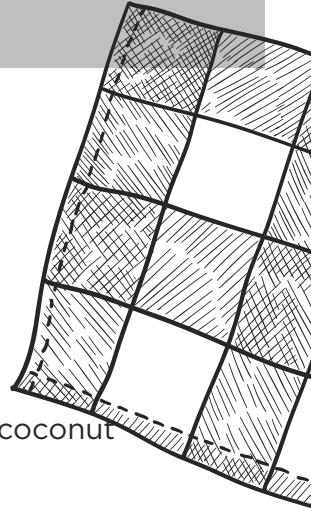




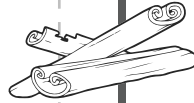
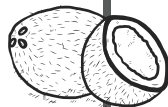
INFLAMMATION DEVIL BE GONE SMOOTHIE



TURMERIC SMOOTHIE



SERVINGS:



INGREDIENTS:

1 cup of full-fat unsweetened coconut milk

½ frozen banana

½ cup pure pumpkin puree

1 tsp. ground turmeric

½ tsp. ground cinnamon

1/8 tsp. ground ginger

1 serving of optimal reset vanilla cleanse powder



INSTRUCTIONS:

1. Add all ingredients to a high-speed blender and blend until smooth.
2. Serve with an extra sprinkle of ground cinnamon if desired.

ENJOY RIGHT AWAY.

