



HOPE WELLNESS CENTER

San Angelo, Texas

The Smoothie Recipe

- 1-2 cups frozen blueberries, raspberries, blackberries, or organic strawberries (a frozen banana is optional too)
- Spectramino Powder - 4 Caps (you can open them and pour into the smoothie or take them by mouth)
- RiSolubles – 3 Tablespoons
- L-Glutamine Powder – 1 Teaspoon
- MCT Oil- 1 Tablespoon
- Coconut milk powder- 1 Tablespoon
- Greens powder- 1 Tablespoon
- * Any other liquid or powder supplements that you take on a daily basis can be added to the smoothie, such as, wheat grass or coconut oil. You may also add raw honey or maple syrup for taste.
- * Do NOT drink after 6:00 pm.