

THRIVE

SMOOTHIE MIX

1/4 c. Thrive powdered milk
1/8 cup Thrive Spinach
1/4 cup Thrive Zucchini
1/3 cup Thrive Pineapples
1/3 cup Thrive Fuji Apples
1/4 cup Thrive Mango
1/4 cup Thrive Bananas

Add 1 cup of water and 1/2 cup of ice to a blender. Pour in the contents of the jar and blend well.

Serve in a quart-sized mason jar.

YourThriveLife.com

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