

THRIVE

SMOOTHIE MIX

- 1/3 c. Thrive powdered milk
- 1/4 cup Thrive Spinach
- 1/2 cup Thrive Zucchini
- 3/4 cup Thrive Pineapples
- 3/4 cup Thrive Fuji Apples
- 1/2 cup Thrive Mango
- 1/2 cup Thrive Bananas

Add 2 cups of water and 1 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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