

VITALITY SMOOTHIE

- 1 TBSP BEET ROOT POWDER
- 1 TBSP LECITHIN GRANULES GMO FREE
- 1 TSP 8 MUSHROOM POWDER BLEND
- 1 TSP MAGNESIUM POWDER
- 2 TBSP KOSHER GELATIN OR
- 2 TBSP COLLAGEN GMO FREE
- 1 TSP CALCIUM ASCORBATE (VIT C)
- 1 TBSP CHIA SEEDS
- 1 C OF YOUR FAVORITE FROZEN FRUIT
- 1 1/2 C WATER, NUT MILK, OR JUICE