

Morning *Boost* Smoothie



Ingredients:

1 cup (150g) frozen wild blueberries
¾ cup (120g) frozen mango chunks
1 teaspoon reishi mushroom powder
1 scoop (about 25–30g) protein powder (vanilla or unflavored works best)
1 tablespoon ground flaxseed
1½ cups (12oz / 360ml) oat milk (unsweetened preferred)

Directions:

1. Add oat milk to blender first.
2. Add fruits, powders, and flaxseed.
3. Blend until smooth and creamy.
4. If too thick, add more oat milk or water to reach 16oz (about 2 cups).

OPTIONAL: 1 TABLESPOON SEA MOSS GEL FOR ADDED NUTRITION