

Banana Berry Smoothie

You know that after-lunch “I need a coffee” feeling? We do too.

Instead of reaching for caffeine to carry you through the afternoon, give this fresh smoothie a try instead! Balance your mood and support your brain function with **CanPrev's Myo-Inositol Powder**. Choose your own adventure with your second smoothie booster; **Aquatein** and **Fibre Feel** both pair wonderfully with this recipe.

Sail through the afternoon slump with this fresh banana-berry smoothie.



Preparation time: 5 mins | Servings: 1



Ingredients

- 500ml water or plant based milk
- ½ cup berries (fresh or frozen)
- ½ - 1 banana
- ½ cup spinach
- 1 scoop Myo-Inositol Powder
- 1 scoop Fibre Feel OR Aquatein Vegan Superprotein

Method

1. Add ingredients to blender, and blend until smooth.
2. Serve and enjoy immediately!

Featured Products



Developed by: CanPrev Team



The CanPrev Team believes in nourishment with nutritious whole foods. For added support to our healthy and active lifestyles, we reach for high-quality, effective supplements!

