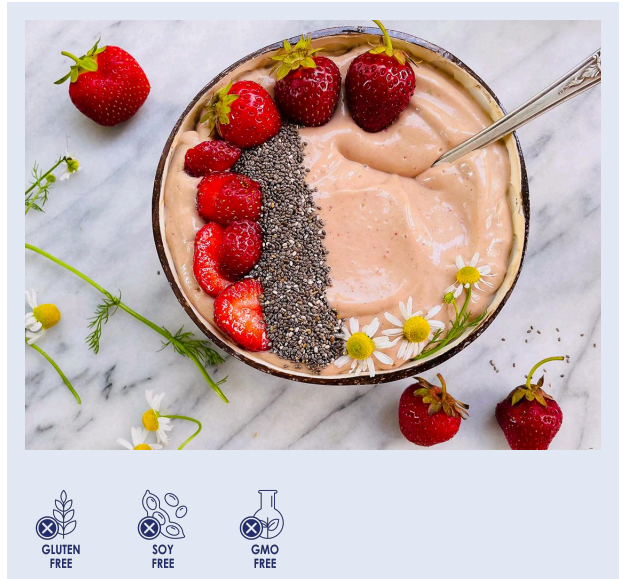


# Summer Glow Berry Smoothie Bowl

Start your day with a berry burst of freshness! Our Berry Summer Glow Smoothie Bowl features **CanPrev's Prime Cycle** which helps nurture reproductive health with key nutrients like myo-inositol, folate, and CoQ10.

Packed with juicy strawberries, raspberries, and pomegranates, this bowl is a powerhouse of antioxidants and fibre to support radiant skin, hormonal balance, and vitality.



## Ingredients

### Smoothie:

- 1 cup frozen mixed berries (raspberries, cherries, and pomegranates)
- 1 cup milk of choice
- 1 scoop vanilla protein powder
- 1 avocado
- 2 large ice cubes
- ½ cup strawberries
- 1 scoop Prime Cycle

### Toppings:

- ¼ cup strawberries
- 1 tbsp black chia seeds
- Fresh chamomile flowers (optional)



## Servings

1



## Prep Time

10 mins

## Directions

- 1) Add all ingredients to a blender and blend until creamy.
- 2) Pour into a bowl and garnish with toppings of your choice. Enjoy and glow from the inside out!



## Featured Products

Prime Cycle - Wildberry Lemonade



## Marilia Pereira

As a Holistic Nutritionist, Clinical Iridologist, and Culinary Nutrition Expert, Marilia helps clients achieve optimal health through meal plans, nutritional consultations, workshops, and seminars.