



Myo-Stimulating Smoothie

Ingredients:

- 2 frozen bananas
- 1 tbsp. liquid chlorophyll
- 1 cup oat milk
- 1 scoop vanilla protein powder
- 1 scoop Fusil®

Directions:

Place fruit ingredients toward the bottom, layer liquids on top and end with powders. Blend to your desired consistency. Pour and enjoy while rebuilding.

