



## Healthy Skin Smoothie

### Ingredients:

- 1/2 cup frozen blueberries
- 1/2 cup frozen cherries (no pit)
- 3 frozen strawberries (large)
- 1 cup almond milk
- 2 tsp. ground flaxseed
- 1 tsp. chia seeds
- 1 scoop Glutamimmune™

### Directions:

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

