



### **Ms. Whiz**

**A great breakfast drink for women, rich in potassium, iron, oils and the alkaline qualities of chlorophyll to keep you going.**

- 1 ripe banana
- 8 oz. orange juice
- 1 Tbsp. liquid chlorophyll
- 2 tsp. Rice Bran Syrup
- 2 tsp. cold-pressed almond oil or sesame oil

Blend until frothy.

[www.annenovakyoga.com](http://www.annenovakyoga.com)