



The Pure Bliss Shake

1 Pink grapefruit
1 peeled cucumber
1 handful of fresh cilantro
1 cup pineapple
1 Tsp coconut butter or flax oil (optional)
1 lime (juice only)
2 Tbls agave
1 pinch of celtic sea salt
cinnamon (to taste)
vanilla extract

Options:

(tocotreinols, hemp protein powder, green super foods, bee pollen).

We especially recommend adding some nutrient dense green foods (i.e., spirulina, etc.)

you won't even taste them in this delicious mix!

- get ready to feel your energy spike!

Put all in a blender.

Enjoy!

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