

The Morning Person

Morning Energy Smoothie recipe

Drink this Smoothie every morning, and take your energy to the next level

'You are what you eat'. World-Class performance requires world-class diet; fresh fruits and vegetables will greatly boost your energy, mental focus and keep you healthy. Commit to make this Energy smoothie part of your morning routine, and start experiencing high levels of energy immediately.

Your Friend **Amine Nouri**



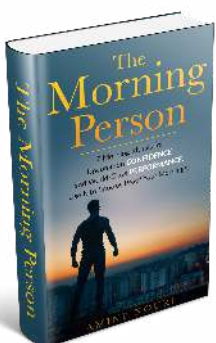
Ingredients

- 1 Banana (can be frozen)
- 1 handful of spinach (can be frozen)
- 1 cup of water/ milk/ orange juice/ almond or soy milk
- ¼ inch fresh ginger root or ½ teaspoon powdered
- 1-2 teaspoons raw honey
- ¼ cup oats

Nutrition Info

Per Serving

- Calories: 178
- Protein: 6 g
- Carbohydrate: 37 g
- Dietary Fiber: 3 g
- Sugar: 24 g
- Sodium: 68 mg
- Cholesterol: 2 mg
- Potassium: 636 mg
- Calcium: 170 mg



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