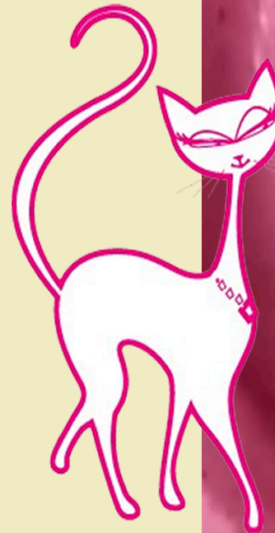


THE HOT PINK LADY SMOOTHIE



INGREDIENTS

1 cup coconut milk or any nut milk
1/2 cup coconut milk/ cream in can
1/4 cashews (optional)
2 to 3 capsules of Probiotic
I prefer 400 billion raw From Garden of life 1/4 scoop let sit in coconut milk over night on counter (Preferably) then use in the morning
2-4 large dates pitted
1 whole large carrot cut in chunks
1 golf ball sized raw beet peeled
1-2 tsp organic vanilla
2 to 3 dash of dulse or kelp flakes (optional)
1 lime
1/2 cup frozen strawberries
1/2 cup mix frozen mix berries



THE HOT PINK LADY

INSTRUCTIONS

- Blend all ingredients aside from berries in high-powered blender until smooth
- Add berries, complete blending until smooth and enjoy!

****if possible use all organic ingredients..is best!***

Original recipe derive from green smoothie girl "hot pink smoothie!!

