Brain-Booster Smoothie
(Cinnamon-Maca-Banana)

Clean Source of Energy

Tryptophan in bananas triggers
Serotonin release (happy brain
chemical)

RECIPe

2 Frozen Ripe Bananas
1 tsp. Maca
1 tsp. Cinnamon
1 Scoop of Hemp or Vanilla
Sunwarrior Protein Powder
1-2 Cups of Walnut Milk or
other nut/seed milk on hand

Mood Balancing

Libido Booster

Source of Omega 3’s
(anti-inflammatory fat!)

Supports memory function

Fights Fatigue

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