

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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/SmoothieAlchemy