



Immune Boosting Power Smoothie

Ingredients:

**1/2 c almond milk
1 T chia seeds
juice from 1/2 lemon
2 strawberries
1/2 t vanilla
2 T Matcha
1/4 t cinnamon
1 T MCT oil powder**

**Put n blender or food processor and blend
until desired thickness
You can use any berry you like, they all have
powerful antioxidants adn fiber**

MACROS:

180 cal, 2g net carbs, 6g protein, 5g fat