

# PAPAYA POWER SMOOTHIE

**LYNFIT**



The delicious, pain-relieving smoothie everyone should be drinking every day. It's my mom's favorite. She calls it her "long life cocktail." It's low-carb, low-sugar, low-fat, and you get more benefits than supplementing alone.

- Boosts healing and relieves joint pain
- Enhances weight loss and fat burning
- Promotes whole body healing and wellness

## **Ingredients:**

- (2 scoops) Vanilla Bliss Complete Protein Advanced Non-GMO Shake (Regular Protein is fine too)
- (1 oz.) Daily Joint Recovery & Repair
- (1 dropper-full) Vitamin D3 Boost
- (½ cup) Water
- (5) Ice cubes

## **Directions:**

Combine all the above in a blender and blend until smooth. Only 160 calories!