



60 Days to Reclaim YOUR Health

TRAVEL SMOOTHIE

(1 serving)

Ingredients

- 1 tsp BarleyMax
- 1 Tbsp Nutritional Essentials
- 1 Tbsp hemp powder or hemp seeds
- 2 Tbsp ground flax seeds or B-Flax-D
- 1/8 tsp Vitamin C powder

Directions

1. Place all ingredients together in a zipper lock bag.
2. When ready to drink, blend snack bag mixture with a banana, water and ice.