

MENTAL CLARITY SMOOTHIE

This smoothie is an aromatherapy massage for the tastebuds, stomach, and mind. Lavender and jasmine are a harmonious duo, known to help ease symptoms of stress and anxiety. Indulge in this smoothie when you need a little extra grounding.

Natural Focus
HEALTH FOOD & WELLNESS STORE

INGREDIENTS

- 1 tbsp of Natural Focus lavender flower
- 1/2 cup of Natural Focus jasmine tea
- 1 tbsp freshly squeezed lemon juice
- 1/2 cup apple
- 1 cup of banana
- 1 cup of blueberries

INSTRUCTIONS

Steep your tea beforehand (for strong tea, steep overnight) and allow to cool completely before adding to your smoothie

Combine all ingredients and blend until smooth

ADD A NATURAL FOCUS BOOSTER TO ANY SMOOTHIE!



1 tbsp whey protein



1 tbsp flax meal



1 tbsp chia seeds

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