

**Mr. Bond's
Secret Smoothie Recipe**

- 1 Cup Almond Milk
- 1 Cup Plain Greek Yogurt
- 1 Cup Frozen Mixed Berries
- 1 Handful Spinach
- 1/2 Banana
- 1 TBS Chia Seeds
- 1 TBS Hemp Hearts
- 1 Scoop vanilla protein powder

*all ingredients can be found at Costco

**ENJOY THIS HEALTHY
SNACK IDEA OVER
BREAK**

Add all these nutrient-rich ingredients to your blender (soft items at the bottom) and run until smooth.

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WISHING YOU A HEALTHY
HOLIDAY!

From Mr. Bond & The Wellness Committee



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