Cauliflower Smoothie

Ingredients:

1.) 1 cup frozen cauliflower
2.) ½ avocado or 1 tablespoon flaxseed oil.
3.) ¼ banana or 3 strawberries or both!
4.) 2 scoops of the SP Complete Vanilla or Chocolate (or one of each).
5.) 1 cup of coconut milk.
6.) ½ teaspoon of vanilla extract.
7.) Optional- liquid stevia from Trader Joe's for more sweetness.

Instructions:

1.) Place all ingredients into blender and blend until completely smooth and creamy.

LeMay
CHIROPRACTIC
& WELLNESS