



RAW, VEGAN, LIVING SMOOTHIES, VEGAN RECIPES, IMMUNE FUNCTION, BRAIN FUNCTION, INFLAMMATION, IMMUNE SYSTEM, VEGAN SKINCARE

CITRUS SUNRISE SMOOTHIE

ORANGES ARE GOOD SOURCE OF VITAMINS, MINERALS, VITAMINS, FIBER, AND CONTAINS HEALING PROPERTIES. EACH MORNING, START YOUR DAY WITH A BOOST OF VITAMIN C IN YOUR SMOOTHIE! THE HIGH CONCENTRATION IN VIT C ARE A NON-INFLAMMATORY MECHANISM AS IT RIDS TOXINS FROM THE IMMUNE SYSTEM AND AIDS YOUR BODY'S DEFENSE AGAINST GERMS. MY CIRRUS SUNRISE SMOOTHIE PROMOTES A HEALTHY CARDIOVASCULAR SYSTEM AND NEUROLOGICAL DEVELOPMENT. VITAMIN C CAN EASILY BE ABSORBED WITH BETTER BIOAVAILABILITY WHEN TAKEN IN SMALL AMOUNTS EACH DAY.

HEALTHY TIP: THE HIGH CONCENTRATION IN VITAMIN C AND A, ARE KNOWN TO BRIGHTEN, NOURISH AND PROTECT YOUR SKIN.

INGREDIENTS:

2 ORANGES (PEELED)
½ CUP ICE (OR CAN USE FROZEN FRUIT)
1 TEASPOON GLUTEN-FREE VANILLA EXTRACT (ALCOHOL FREE)
2 CUP NUT MILK (YOUR FAVORITE NUT MILK)

TOPPINGS: (OPTIONAL)

HEMP HEARTS
CHIA SEEDS
GRAIN-FREE GRANOLA
DATES
COCONUT FLAKES
COCOA NIBS (CONTAINS IRON, AND WHEN PAIRED WITH VITAMIN C, THE BIOAVAILABILITY OF NUTRIENTS ARE EASILY ABSORBED).