

# Circulation Smoothie



1. 1 tablespoon protein powder
2. 2 teaspoons beetroot powder
3. 1 teaspoon green powder - barley grass and or spirulina etc
4. 1 tablespoon cacao powder
5. 1 teaspoon cacao nibs
6. 1 teaspoon chia seeds\*
7. 250ml of milk of choice
8. Blend together.

