

## Love Potion # 9 Smoothie



- ❖ 1 cup coconut water
- ❖ handful of kale
- ❖ 2 stalks of celery
- ❖ 4 to 5, honeybee pollen granules or 1 teaspoon raw honey
- ❖ ½ teaspoon dong quai root
- ❖ 1/8 cup, dried cranberries
- ❖ 4 – 5 schisandra berries
- ❖ 1/8 teaspoon of shilajit
- ❖ Splash almond milk
- ❖ 1 teaspoon almond butter
- ❖ 1 teaspoon liquid cocoa

**Mix in high-speed blender and feel the love!**

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