



BEN'S UPDATED MORNING SMOOTHIE RECIPE

In a [Blendtec blender](#):

- Ice
- [Frozen liver](#) - 2~4 ounces
- [Omica Organic Vanilla Stevia](#) - dropperful
- [Colima Sea Salt](#) - teaspoon
- [Ceylon Cinnamon](#)
- [Once Upon a Coconut 100% Pure Coconut Water](#)
- [Kion Vanilla Protein](#) – 1 scoop
- [Kion Creatine](#) – 5g (10g if sleep deprived or after a tough training)
- scoop of greens - [Organifi Greens](#) or [Athletic Greens](#)

Top with:

- [Shredded Unsweetened Coconut Flakes](#)
- [Bee Pollen](#)
- [Dark Chocolate](#) or [Keto Brick](#)
- [C60 Gummies](#)