



# 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

Top with:

- Shredded Unsweetened Coconut Flakes
- Bee Pollen
- Dark Chocolate or Keto Brick
- C60 Gummies