



Phil's Sunrise Surprise

EnergyPlus Smoothie

Ingredients:

- ½ cup of frozen or fresh berries
- 1 banana or fruit of your choice
- ½ cup organic plain or vanilla yoghurt
- 1 cup cold water
- ½ cup ice (optional)
- 1 or 2 teaspoons EnergyPlus

Method:

Place all ingredients in to a blender, blend until smooth and enjoy.