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NUTRITION • HEALTH • WELLBEING

## **ENERGY BOOST**



### **Ingredients (Makes 2):**

- 50g spinach
- 1 banana
- 12 blueberries
- 8 walnuts
- 1 tsp chia seeds
- 1 tsp flax seeds

### **Instructions:**

1. Push the spinach down to the bottom of the flask.
2. Chop the banana and walnuts and add to the flask.
3. Add the blueberries, chia seeds and flaxseeds.
4. Fill up to the line with a mixture of ice and water.
5. BLEND

### **Benefits:**

Vitamin C  
Potassium & Energy Boost  
Omegas for healthy skin