

# La Vita Vivi



## EVERYDAY BREAKFAST SMOOTHIE

TIME TO PREPARE:  
5 MINUTES

**SMOOTHIE  
INGREDIENTS:**  
VANILLA ALMOND  
MILK, FROZEN BERRY  
MEDLEY, WHOLE  
FROZEN BANANA,  
HONEY, CHIA SEEDS,  
HEMP HEARTS, LEMON  
OR LIME JUICE

**GARNISHES:**  
FRESH BERRIES, CHIA  
SEEDS

**INSTRUCTIONS:**

**STEP 1: PLACE INGREDIENTS  
IN BLENDER.**

**STEP 2: BLEND UNTIL  
DESIRED CONSISTENCY.**

**STEP 3: SERVE WITH  
GARNISHES.**