

Courtesy of Gretchen Bleiler Favorite Morning Smoothie

Ingredients:

3 frozen organic strawberries A small handful of frozen organic blueberries 1 organic banana 6-8 oz coconut milk A small handful of gluten-free granola 1 scoop Graham Cracker Muscle Milk

Directions:

- 1. Blend all ingredients together.
- 2. Drink!