



NETFLIX |

SECRET BABY FORMULA SMOOTHIE



- 1 large banana (frozen is best.. just not the one that's been in the break room all week)
- 1 cup water or milk of choice (dairy, almond, oat milk, etc.)
- 1/2 cup Greek yogurt (plain or vanilla)
- 1/2 teaspoon vanilla extract
- A sprinkle of a Highly Classified Spice (Cinnamon)

Optional (aka mandatory):

- To add a fun color or nutritional, super-strong baby boost add:
 - 1 serving blue algae powder or spirulina or ½ cup fresh or frozen berry of choice
 - 2 tablespoon nut/seed butter of choice (almond, sunflower, peanut, cashew etc.)

INSTRUCTIONS

- 1. Place all ingredients in a blender. Blend until smooth. Add more milk if needed to reach desired consistency.
- 2. Add your favorite toppings You're the Boss after all!
- 3. Deadline to serve: Immediately

Topping Ideas:

- · Coconut flakes
- · Granola
- · Banana slices
- · Cacao nibs
- · Fresh berries
- · Tears of past employees
- · Etc...

