

Treat yourself kindly

Let go of the guilt.

When working on your wellness journey, you may get off track. Don't be hard on yourself - you are human! Remember progress not perfection.

Progress
not
Perfection!



revive
revive wellness inc.

Blueberry Cocoa Smoothie

 1 Serving



Ingredients:

- 1 cup blueberries, frozen
- ½ medium banana
- ½ cup plain Greek yogurt
- 2 tsp. cocoa powder
- ½ tsp. cinnamon
- 1 cup 1% milk

Directions:

1. Combine all ingredients in a blender and mix well.
2. Serve and Enjoy!

Nutrient analysis per serving: 378 calories, 7 g fat, 23 g protein, 62 g carbohydrate (52 g available carbohydrate), 10 g fibre, 162 mg sodium

My Viva Servings: 0 grains and starch, 2 proteins, 0 vegetables, 3 fruit, 0 fat, 1 dairy

For more great recipes, visit www.myvivainc.com