



BLUEBERRY GINGER GUT HEALING SMOOTHIE with L-GLUTAMINE & COLLAGEN PEPTIDES

(Healthy Gut / Antioxidants / Clean Ingredients)

DAIRY-FREE • LACTOSE-FREE • SOY-FREE • GLUTEN-FREE

Recipe by MariGoldFoods.com

INGREDIENTS:

- 1 cup frozen blueberries
- 1 tsp fresh or frozen ginger, grated
- 1/2 medium frozen banana
- 1–2 cups fresh or frozen spinach
- 1 scoop MariGold L-Glutamine Powder
- 1 scoop MariGold Grass-fed Collagen Peptides
- 1 1/2 cup filtered water (or to your desired consistency)



DIRECTIONS:

1. Add ingredients to a blender, blend until smooth. Enjoy!

Featuring MariGold
L-Glutamine &
Grass-Fed Collagen Peptides
(MariGoldFoods.com)

