

Fueling Vitamin C

Category: Drink

Serves: 1 Serving

Ingredients:

8 oz. carrot juice

1 ½ tsp. Bulletproof Brain Octane Oil

½ tsp. Spirulina

½ tsp. Chlorella

20 grams banana, frozen

1 scoop Collagen Peptides

⅛ tsp. real salt

Optional:

1 scoop greens powder

Method of Preparation:

1. Place all ingredients except Collagen Peptides in blender and blend on high.
2. Place Collagen Peptides in blender and blend.
3. Pour into glass and serve immediately.

***If you don't have Bulletproof Brain Octane Oil use MCT oil.

Macros:

202 calories | 8g fat | 20g carbohydrates | 12g protein