

MYOZEST BREAKFAST SMOOTHIE

HERE'S A GOOD BREAKFAST SMOOTHIE RECIPE:

DIRECTIONS

Freeze a banana and a cup of berries overnight and in the morning, blend it with 1/2 cup yogurt, one scoop of MyoZest, Almond butter, Almond/Soy Milk and ice until it's smooth. ENJOY 😊

Use this recipe for a healthy meal replacement to help you lose weight faster!!

Go to [Koflexsports.com](https://www.koflexsports.com) for more tips and recipes

SHOPPING LIST

MyoZest™

Banana

Strawberries

Blueberries

(Or Berry Mix)

Almond/Peanut butter

Yogurt

Almond or Soy Milk