



Tranquility Smoothie

Ingredients:

- 1 frozen banana
- 1 tsp. honey
- 1 cup iced chamomile tea
- 1 cup coconut milk
- 1 tsp. nutmeg
- 1 scoop TryptoPure®

Directions:

Place fruit ingredients toward the bottom,
layer liquids on top and end with powders.
Blend to your desired consistency.
Pour and enjoy while relaxing!

