A healthy body and a healthy mind are the two pillars of overall well being. Taking care of your physical and mental health is essential to live a fulfilling life. To achieve this, incorporating certain habits into your daily routine can make a significant difference.

1 banana

1 cup strawberries

1/2 cup vanilla yogurt

1/2 cup milk

2 teaspoons honey

Pinch of ground cinnamon

1/2 CUP ROLLED OATES

1 TEASPOON CHIA SEEDS

2 cups fresh spinach

1 cup almond milk

1 leaf kale

1 tablespoon peanut butter

Please feel free to mix and match ingredients to make the perfect healthy smoothie ENJOY!