

# Everything Smoothie

## Ingredients:

You can use any of the ingredients below or substitute!

- One cup oat milk or similar
- Handful of greens
- Beet, banana, other fruit
- Chia, hemp, flax seeds
- [Protein powder](#), [vegetable powder](#),  
matcha, combined large scoop
- Golden paste
- Frozen fruits, avocado, pumpkin

## Instructions

1. Combine all ingredients in a blender
2. Blend
3. Drink!
4. Can add anything else if too thick, such as coffee or other liquids

