

Gwen's Fit Fuel

1 Serving (suggested as a meal replacement for breakfast)

- 1 scoop Garden of Life RAW Fit
- 1 cup unsweetened almond milk
- 1 cup coconut water (unpasteurized preferred)
- 1 and 1/2 cups frozen blueberries
- 2 Tbsp. ripe avocado
- 8 drops of "Sweet Leaf" vanilla cream liquid Stevia
- Ground cinnamon for garnishing

Place all ingredients in a blender and blend until smooth. Enjoy immediately or drink half before a work out and the remaining half afterwards. Optional: Top with a few dashes of cinnamon! Fuel up with this protein packed smoothie that supports healthy glucose levels, weight loss and satisfies hunger.



Tip

Looking for more fiber? This smoothie tastes great with a scoop of [Garden of Life's Super Seed](#).

By Gwen Marzano, Garden of Life Educator and Certified RAW, Vegan Chef



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