



A Gift from Your Soma Cura Family

The Olympic National Spark Smoothie

- 9oz milk
- 1 oz spinach
- 2 heaping TBSP of fresh avocado
- 0.2 oz of fresh mint leaves
- 7 oz of frozen bananas
- 2 TBSP of organic maple syrup
- 1/2 tsp of vanilla extract
- 2 drops of mint extract

Serves 1-2

Add all ingredients to a blender and blend until creamy. Top with cacao bits for a mint-cookie twist.

Like Olympic National Park, this smoothie offers an intense diversity of fresh green flavors

