

BEST SMOOTHIE INGREDIENTS



What we buy from Thrive Market.com!



Chia Seeds
Omega 3 + Hydration!



Flaxseeds
Omega 3 + Fights Inflammation



Maca Powder
Ultimate Energy



Granola
Delicious calories and texture. A true secret of pro athletes.



Cacao Powder
AKA antioxidant rich chocolate!



Matcha Powder
Ultimate Cancer-Fighting Antioxidants



Ginger Powder
Aids Digestion



Turmeric Powder
Fights Inflammation



Cinnamon
Controls blood sugar + Hides Bad Flavors

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What we buy from Thrive Market.com!



Peanut, cashew or almond butter. Equally delicious. Take your pick!



***Plant Protein or Whey Protein Powders
Critical for Post Workout Recovery***

***Collagen Peptides
Fights wrinkles, strengthens
tissue, bone, ligaments***

****Note: [Garden of Life SPORT](#) and [SFH](#) are our favorite brands for plant and whey protein powders but they're not available on Thrive Market at this time. The two choices above are excellent options if you're trying to do all your shopping in one place on Thrive Market.***



Not already a member? [Click here to register](#) and choose a FREE gift, up to \$24 value, when you purchase a Thrive Market membership!

***Amla Berry
One of the most powerful
antioxidants in the world***