



# BETH WARREN

## NUTRITION

### Festively 4th of July Smoothie

How to layer a smoothie with a July 4th theme

#### INGREDIENTS

1 banana, frozen  
Splash unsweetened almond milk  
1 cup frozen cherries  
Splash unsweetened almond milk  
1 cup frozen mango chunks  
Splash unsweetened almond milk  
(if any unfrozen, add 1 cup of ice)

#### INSTRUCTIONS

Start with the “white” banana layer and blend. Set aside in the freezer until you finish all 3 layers. Rinse blender and repeat with other layers. In a large smoothie cup or mason jar, layer in color preference and enjoy!