

## Rino's Mystic Smoothie

### Ingredients Required:

- 1) **Frozen Fair Trade Banana** - 1/2 of one medium sized
- 2) **Frozen Young Green Coconut** - Inner Eco brand - 1 packet
  - Whole Foods Carries This or use fresh green coconut (use whole interior) that you crack and skim out the water and interior coconut - can get at Whole Foods or Asian Market
- 3) **Organic Coconut Oil** - Coconut Secret Brand - Whole Foods Carries or go to Thrive Market to purchase healthy groceries at wholesale prices along with other benefits. [Click Here Thrive Online Coop Organic Market!!!](#)
- 4) **Genuine Health Vanilla Protein Powder** - 2 Scoops or 2 Scoops of Health Force Super Protein Powder - [Click HERE TO PURCHASE Health Force Protein Powder](#)

Directions: Place all ingredients into your blender or magic bullet and mix. Happy Mystic Smoothie :)

**Healthy Body, Healthy Soul**

To Your Health,

**Rino Soriano**