



# BERRY CITRUS SMOOTHIE

*Using doTERRA Wild Orange & Lime Essential Oils*

**Blend together:**

- 1 banana**
- 2 cup frozen mixed berries**
- 1 cup frozen mango**
- 1 medium avocado**
- 3 tablespoons raw hemp seeds**
- 2 tablespoons chia seeds**
- 1 scoop green powder (optional)**
- 4 cups water**
- 2 drops wild orange essential oil**
- 2 drops lime essential oil (or juice from half a lime)**