

Hey Sunday Chefs,

This week's recipe is creamy, vibrant, and packed with fat-burning goodness. Whether you need a post-workout boost, a quick breakfast, or just a tasty way to sneak in more greens, this smoothie delivers the goods.

■ Fat Burning Berry Avocado Smoothie

Ingredients:

1 cup frozen blueberries (antioxidant powerhouse) 2 large handfuls of spinach or kale (hello, greens!) 1/2 avocado (healthy fats for lasting energy) 1 tbsp. chia seeds (fiber & omega-3 magic) 8 oz. natural coconut water or water (hydration station) 1 scoop of protein powder (optional) 1 scoop Beyond Tangy Tangerine® 1 scoop Beyond Osteo-fx® 1 oz. Plant Derived Minerals

Instructions:

Add all ingredients to your blender. Blend until smooth and creamy. Pour into your favorite glass and sip your way to greatness.

■ Chef's Tip: If you skip the protein powder, pair this smoothie with a side of eggs for a complete, protein-packed breakfast.

Here's to starting your Sunday with flavor, health, and a little kitchen magic.

Stay nourished, The Sunday Chef ■■