



BeBOLD SMOOTHIE

INGREDIENTS

10 oz. milk (nutmilk, regular milk, kefir)

2 tbsp of your favorite nut butter

1 1/2 cups frozen banana

1 BeBOLD bar

METHOD

1. Toss your favorite BeBOLD bars into a blender (Macadamia Nut, Cashew Sea Salt, Chocolate Chip (Almond or Peanut Butter))
2. Add milk, nut butter and banana
3. Blend, Pour, Enjoy