



## The Best Banana Cranberry Pre-Workout Smoothie

Bright, energizing, and made with only real food—this smoothie fuels your body with antioxidants, natural electrolytes, and immune support for a powerful start to your workout. No added sugar, no powders, no junk. Just pure, delicious nourishment.

Check out the YouTube video!

### Ingredients

- 1 bag fresh cranberries, frozen (about 2 cups)
- 1 banana, frozen
- 1½ cups coconut-cashew plant-based milk
- 1 small 1" knob fresh ginger, grated
- ½ cup water (adjust for desired consistency)

Choose organic ingredients whenever possible

### Instructions

1. Add all ingredients to a high-speed blender.
2. Blend until smooth and creamy, adding more water if needed.
3. Pour, sip, and enjoy the energizing lift before your workout!

Cheers!