



MIXED BERRY SMOOTHIE BOWL

with XS™ Muscle Multiplier

MUSCLE MULTIPLIER

INGREDIENTS

SERVES 2



1 Scoop

XS Mixed Berry Muscle Multiplier



¾ Cup

Almond or Soy Milk



1 Cup

Spinach Leaves



½ Cup

Mint Leaves



½

Avocado
(frozen if possible)



1 Tablespoon

Chia Seeds



1 ½ Cup

Mixed Berries



2 Tablespoons

Extra Virgin Olive Oil

TO SERVE

TO SERVE

1-3 Leaves

Fresh Mint

2 Tablespoons

Yogurt

½ Cup

Pumpkin Seeds

½ Cup

Fresh Berries





XS MUSCLE MULTIPLIER

BUILD LEAN MUSCLE, INCREASE STRENGTH AND REDUCE BODY FAT**

Experience more with XS Muscle Multiplier** supplement, made with a unique blend of clinically studied Essential Amino Acids (EAAs) and L-Arginine to help you increase lean muscle while reducing body fat.** No matter your fitness level, XS Muscle Multiplier** makes every workout count.

†This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**When combined with regular weight/resistance training and a healthy, balanced diet.

BUST OUT

- Measuring Cups
- Tablespoon
- Blender
- Knife

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1 COMBINE INGREDIENTS

- Place all ingredients into a blender



2 BLEND

- Puree with blender until smooth



3 SERVE AND ENJOY

- Serve immediately topped with **yogurt, berries, pumpkin seeds and fresh mint.**