

## Breakfast Smoothy

blender

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### Ingredients

**1/2** cup yogurt  
**1** cup fresh fruit  
**1/2** cup blueberries  
**1** teaspoon honey  
**1** teaspoon phylum husks  
**2** este-c capsules  
little milk

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### Directions

blend all together  
drink

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Direct recipe link: <https://www.keyingredient.com/recipes/3508625032/breakfast-smoothy/>