

MARVEL STUDIOS

# CAPTAIN MARVEL

## KREE-ATINE SMOOTHIE



### INGREDIENTS

- 1 1/2 cups Almond Milk
- 1 cup Honeydew Melon
- 2 Kiwis
- 1 tsp Unflavored Creatine Powder
- 1 pinch Blue Pea Flower Powder

### INSTRUCTIONS

- Cut melon into blendable sized chunks.
- Remove skin from kiwis.
- Combine all ingredients in a blender.
- Blend mixture until it reaches desired consistency.

\* ADULT SUPERVISION IS RECOMMENDED



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