

Download Super Simple Move Shake Healthy

Place the olive oil, Italian seasoning, garlic, lemon juice, lemon zest, honey and salt and pepper in a resealable gallon-sized freezer bag. Seal and shake to combine. Here's how to make a smoothie in 5 steps: Add liquid. Start by adding about 1 cup of liquid to the blender – this is your base. Go for low-fat milk, dairy-free milk, coconut water, plain water, or fruit juice. Orgain Healthy Kids Organic Vanilla Nutritional Shake provides super nutrition and a super taste for even the most picky eaters. With 8 grams of organic protein and 21 vitamins and minerals it is a perfect nutritional snack for kids to enjoy. Move over, blueberries and salmon. Give yourself a health boost with these lesser-known powerhouse foods.