



EVERYTHING HERBAL

— by Cheryl Jabz —

Constipation Relief Herbal Smoothie



BENEFITS

High in fiber. Hydrating.
Supports regular bowel
movements. Provides
vitamins and minerals.



INGREDIENTS

- 5 prunes & 1 cup spinach
- 1 tablespoon ground flaxseed
- 1/2 teaspoon grated ginger
- 1 cup water or coconut water
- 1/2 banana



INSTRUCTIONS

- 1 Blend all ingredients until smooth.
- 2 Drink immediately.

SUGGESTED USE

Enjoy as needed for gentle fiber support.

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