

# Everything Herbal

by Cheryl Jabz

## BERBERINE Weight Loss Smoothie



**Best for:** metabolism,  
appetite control, energy



**Prep time:** 5 minutes



**Servings:** 1



### INGREDIENTS

- 1 cup unsweetened almond milk
- 1/2 frozen banana
- 1/2 cup berries (blueberries or strawberries)
- 1/4 tsp berberine powder
- 1 tbsp chia seeds
- 1/2 tsp cinnamon
- Optional: protein powder

### INSTRUCTIONS



Add all ingredients to a  
blender. Blend until smooth.  
Serve immediately.

### BENEFITS



Keeps you full longer.  
Supports fat metabolism.  
Rich in antioxidants and fiber.



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