



Teresa Cutter the healthy chef

CHOCOLATE POWER SMOOTHIE MUSCLE UP



By Teresa Cutter - "The Healthy Chef"®



For hard-core movers and shakers. Chocolate makes us feel great and helps boost serotonin and endorphin levels in the brain. The optimum fat burning formula of **Hydroxy Burn Pro** chocolate will help shred body fat whilst maintaining muscle mass and get you lean fast! Adding a touch of cinnamon will help utilize blood sugar and boost brain activity. Banana is a good source of fibre and Chromium, which is important in controlling blood glucose levels, and the metabolism of fats in the body.

Serves 1

- 1 cup (250ml) water or skim milk
- 1 ripe banana
- 1 scoop **Hydroxy Burn Pro** chocolate flavour
- ¼ teaspoon cinnamon
- Ice to blend (optional)

Combine all the ingredients into a blender and blend until smooth and creamy. Drink immediately and enjoy.

More of Teresa's recipe's can be found at:
www.thehealthychef.com.au / www.teresacutter.com



Learn more about Hydroxy Burn Pro at:

WWW.BODYSOURCE.COM.AU