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Liz Hilliard and Clary Hilliard Gray start every morning with a Hilliard Studio Method® Signature Smoothie to kick-start their metabolism and get them fueled for the day. The smoothie contains 27g of protein which, when paired with their *Pilates, Barre and Beyond* workout, creates long, lean muscles and trim waistlines. And it's so yummy that husbands, children and babies can't resist. Enjoy!

HILLIARD STUDIO METHOD® SIGNATURE SMOOTHIE RECIPE

Ingredients:

- ¼ cup avocado
- Juice of ½ lime
- ¾ cup organic mixed berries
- 1 scoop vanilla whey protein powder
- 1 scoop Catie's Organic Greens powder*
- 1 scoop organic Catie's Vitamin C Plus powder*
- 2 tbsp chia seeds or flaxseeds
- 1 cup of ice
- 1 cup coconut water

Directions: Blend ingredients, pop in a straw, and enjoy an energy-filled morning!

To have your recipe featured in *Myers Park Life*, please submit to [Cindy Morley at cpdtditor@n2pub.com](mailto:Cindy.Morley@cpdtditor@n2pub.com).



Anna Kenelly



Cindy Smith & M.A. Rogers



Sully & Leah Williams



Anna Day & Catherine Harry

Nutrition:
Calories: 327
Fat 10.5g
Carbohydrates: 44.6g
Protein: 27.2g

Tips: Try a dash of cinnamon or spice for added flavor and nutrition. For a sweeter drink, add a squeeze of raw agave nectar.

*You can find Catie's Organic Greens and Catie's Vitamin C Plus powder at Hilliard Studio Method, located on the back court of Park Road Shopping Center. For more information, please visit www.HilliardStudioMethod.com.

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Angelo Co. Photography

Signature smile by Dr. Patrick Broome

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