

Nutrition podcast by Ross Anderson**Podcast transcript**

The best piece of nutritional advice you'll ever receive. Change your breakfast, change 33.3% of your dietary habits. How? A one minute morning smoothie. The ingredients:

- 300 ml of almond milk
- one large cup of blueberries
- a handful of kale
- one medium sized banana
- and half an avocado.

Have fun, explore, experiment, and most importantly, elevate your health.

Transcribed by <https://otter.ai>