

Berry Sneaky Green Smoothie

Smoothies are a great way to pack in the nutrients. They are full of vitamins, minerals, and anti-oxidants. Once you get the hang of it, smoothies are a quick, ready-to-go breakfast that is easily digestible, great tasting, and satisfying.

Ingredients:

- 1 cup baby spinach (or more if you like)
- 1 cup of almond milk (water, rice milk, soy milk)
- 1 cup of berries
- ½ banana
- 1 Tbs. of ground flax seeds (or 1 Tbs. flax oil)
- 1 serving of powdered protein supplement)



Directions:

1. Blend the flax seed until ground
2. Add the almond milk and baby spinach, starting with the blender at low speed and increasing until smooth
3. Add powdered protein and blend briefly
4. If smoothie is too thick, add more almond milk, water, or ice until desired consistency is achieved
5. Enjoy as soon as possible to maximize nutritional benefits

Optional additions:

- 1 Tbs. coconut oil (great source of healthy fats)
- 1 Tbs. almond butter (great source of healthy fats, vitamins, minerals, protein and fiber)
- 2 open capsules of probiotics (for healthy digestive and immune function)
- Liquid vitamin D (especially important in the winter for healthy immune function)
- Ice (helps make the smoothie more palatable)
- ½ cup cranberry or pomegranate juice (packs a fruity punch)
- Pinch of cinnamon (for blood glucose control)

ENJOY!