



## Smoothie Recipe

- 1 ½ Cups of blueberries
- 1 cup milk alternative (rice, almond, hemp or coconut)
- 1 cup coconut water
- 1 scoop protein powder (hemp, rice, pea or whey)
- 1 scoop of greens (mixed green powder)
- 1 Tbsp Chia or flax seed

If desired you may add the following:

- 1 Tbsp of organic peanut butter or almond butter
- 1 Tbsp of organic virgin coconut oil
- 1 quartered apple or pear



Upon the addition of the powders, you may need to add more water to get the desired thickness.

These smoothies can be made with any variety of fruit. For those watching their sugars, please avoid the use of melons, strawberries and bananas.

- Blueberries – Costco has a 3 pound bag of organic frozen berries.
- Peanut Butter – Costco also carries the organic variety
- Organic Extra Virgin Coconut Oil – This can be found at Sprouts and/or other health food stores
- Green Powder – Organic concentrated fruit and vegetable powder sold here or other health food stores

As a great treat for adults and kids alike the smoothies can be frozen into Popsicles.