

Recipe Card

Super smoothie: meal in a glass

Step 1: Pick a Liquid

- Water.
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Iced green tea
- Hemp milk (unsweetened)
- Coffee (for a morning shake)
- shake, or leave it out.

Step 2: Pick a protein powder

- Whey protein
- Rice protein
- Pea protein
- Hemp protein
- OR Greek yogurt or cottage cheese

Step 3: Pick a fruit

- Berries
- Bananans
- Pitted cherries
- Apples
- Pineapple
- Mango
- Any fresh or frozen fruit.

Step 4: Pick a vegetable:

- Dark leafy greens like spinach/swiss chard or kale
- Cooked pumpkin or butternut squash
- Cooked sweet potato
- Cucumber.
- Celery
- Powdered greens supplement
- Avocado
- Spinach and celery are virtually flavourless in your shake.

Step 6: Blend

Step 7: Pick a topper (optional)

- yogurt
- Oats, granola
- Cinnamon

