

“Green & Blue” Smoothie

I never imagined I would be drinking a “green” drink! It just wasn’t my style, I preferred to chew my “greens”. I took the plunge 3 years ago and now LOVE tossing fresh ingredients together (*esp. when the produce is all local or from my earth boxes!*). Spinach and blueberries (or any other berries) packed with antioxidants and Vitamin C to boost immunity; flax, walnuts, and avocado providing essential vitamins, nutrients, and Omega 3 healthy fats. “Drinking” from the rainbow of colors never tasted so delicious! Take the plunge – GO GREEN & BLUE...or whatever “colors” you love! ~ Julie

Serves 1 (~16-20oz) (double for serving next day)

½-1 cup spinach (*can also add Swiss chard or kale*)

¼ cup parsley

½ cup frozen blueberries

1 serving protein powder (*~20 grams protein*)

½ cup ice + 1 cup water

1/2 cup almond or coconut milk (if desired)

1 Tbsp. ground flax or chia seed

3-5 walnuts

¼ large avocado

**more ice, water, or milk as desired*

***recommend always using organic produce*

Nourishing “Nuggets”:

- Try adding fresh ginger, carrot, celery, or apple for added health benefit
- Following a tough workout – add ¼ cup raw old-fashioned oats for extra carb and/or a dash of turmeric
- Select a protein powder with ~15-20 grams protein and less than 2 g sugar, no vit/minerals added, and no artificial sweeteners other than stevia if you can tolerate.
- Add some banana or 1tsp honey for extra sweetness if desired

Directions:

1. Combine all ingredients in a Nutribullet, blender, or even a hand blender will work.
2. Blend until smooth.
3. You can add more water, milk, or ice to get to desired consistency.
4. *ENJOY! Drink slow and mindfully....*

