

## Julie's Green Goddess Breakfast Smoothie

**Yield:** 1 serving  
**Total time:** 10 minutes

### INGREDIENTS

liquid of choice, i.e. water, coconut water,  
almond or coconut milk | 6-8 ounces  
pea or vegan protein powder | 20-25 g  
spinach, chard, or kale | 1 cup  
avocado | ¼  
celery | 1 stalk  
beet | 1 large (raw or cooked)  
berries | ¼ cup  
coconut oil | 2 teaspoons  
raw pumpkin seeds | 1 Tablespoon  
chia, flax, or walnuts | 1 Tablespoon



### DIRECTIONS

1. Place all ingredients in high power blender (Ninja, Bullet, Vitamix) and mix until smooth.
2. Drink immediately. Enjoy!

**Julie's Tip:** "Use the pre-packaged "I love Beets" & Jessica's Farmers Market local spinach"

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## DIY Smoothie

**Yield:** 1 serving  
**Total time:** 10 minutes

### INGREDIENTS

liquid of choice, i.e. water, coconut water,  
almond or coconut milk | 6-8 ounces  
plant based *protein powder* | 20-30 grams  
veggies of choice: i.e. spinach, chard,  
beets, celery, carrot | ½ - 1 cup  
fruit: berries | ¼ - ½ cup  
healthy fat: i.e. coconut oil, flaxseed,  
almond butter, chia, avocado, pumpkin seed,  
walnuts | 1-2 Tablespoon



### DIRECTIONS

1. Place all ingredients in high power blender (Ninja, Bullet, Vitamix). Enjoy!

### NOTES

- *Optional Goodies:* cacao nibs, maca powder, probiotic, stevia