



Smoothies Made Easy!

One addition to my diet that has had the greatest impact on how I feel and my energy level, it's ingesting smoothies. They are easily absorbed to be readily used by your body. Here's how I make them.

Ingredients

- Greens ~ Kale, spinach, mixed greens, arugula, parsley, basil, etc.
- Fruit ~ Berries, green apple, lemon, peach, plum, pear, kiwi, banana
- Seeds ~ Chia, flax, hemp are my favorites
- Liquids ~ Water, coconut water, coconut/MCT oil, nut milks, aloe vera juice
- Protein Powder ~ Sunwarrior Plant Blend or Jay Robb Whey

Directions

1. Choose ingredients from the above list.
2. Add to blender cup half greens and half fruit.
3. Add liquid to cover fruit and greens.
4. Add tablespoon of each seed(s).
5. Blend ingredients 40+ seconds, breaking down to cellular level for most absorption of nutrition.
6. Once above is blended, add protein powder. Blend to mix.
7. Add some gluten-free crackers or Siete Chips with guacamole.
8. Enjoy your new creation!

Source: Created by Simply Made Health, LLC