

Simple Green Protein Smoothie

Ingredients:

½ cup frozen dark cherries or pineapple
¼ cup frozen blueberries or cranberries (optional)
¼ cup raw almonds or cashews
1 tablespoons flax seeds
1-1 ½ cups greens – kale, collards, spinach, beet greens, baby greens mix
1-1 ½ cups liquid – apple cider diluted half & half with water works well.
1 inch turmeric root
½ inch ginger root



optional additions:

maple syrup as needed to adjust for sweetness but not needed
½ cup hemp seeds – for vegan protein option
2-3 tablespoons of cottage cheese (for protein)
1/3 cup plain yogurt (or some protein)
¼ cup/ 2-3 tablespoons protein powder (for protein)
½ raw beet



Preparation:

Place all ingredients into your Vitamix blender, add liquid last (protein powder somewhere in the middle but not on bottom like I just did – mucks up the blades over time. I just remembered that now. oops)

Blend on high for 1-2 minutes until all is blended smoothly.

Drink right away or save some for later! It made 3 x 12 ounce pint glasses, so I am definitely saving some for later as a snack vs trying to force it all down now. Was a nice tart smoothie with just a hint of sweetness. If you want more sweetness, use some real maple syrup, 2-4 dates or some apple cider in place of some of the liquid.

For more recipes please visit <http://www.nutrition-in-motion.net/recipes>