

Recipe Card



Morning Energizer Smoothie

Yields: 1-2 servings

Adapted from Joyous Health by Joy McCarthy

Ingredients:

- 1 banana
- 1 cup blueberries
- 1 cup spinach or kale
- ¼ cup cooked quinoa
- ¼ cup hemp hearts/seeds
- 1-2 Tablespoons Chia Seeds
- 2 Tablespoons raw honey or real maple syrup
- 2 cups water

Directions:

1. Place all ingredients in a blender. Blend for 30 – 60 seconds, until smooth.
2. Pour into a glass and enjoy! Alternatively, pour into a mason jar or air tight container for the next morning.
3. Shake and enjoy!

Nutritional Information for ½ recipe: 370 kcals, 15 grams protein, 11 grams Fiber, 50 grams CHO

Dairy Free, Gluten Free, Nut Free