



The Perfect Smoothie Formula

blend 2 cups GREENS

Spinach
Cucumbers
Kale
Swiss Chard
Beet Greens
Celery
String Beans
Lettuce

with 2 cups LIQUID BASE

Coconut Milk / Kefir
Almond Milk
Green Tea
Bone Broth
Birch Water

add 2 cups FRUITS or ROOTS

Beets
Carrots
Berries
Apples
Peaches
Pears
Avocado

and blend with a BOOST

21 grams protein:
[Whey protein](#) (anti-oxidant)
Almond butter
Chia or Flax seeds (fiber)
Cacao
Fresh Herbs
Ginger Root
Turmeric Root

Start, continue, or finish your day with cleansing, immune-boosting, antioxidant, energizing, foods...

Delicious and fast!

Protein—21 grams of protein is a great boost for many reasons. What we don't need is any artificial flavors and garbage in most commercial brands. Sorry, the "birthday cake" or "deep chocolate" or "strawberry margarita" (I'm not making this up). Not even vanilla.

♦ [Standard Process Whey Protein](#) is plain, simple and clean and available through my office.

♦ a **vegan** option is [Fermented Pea Protein by Natrasumma](#)

Check out the whole foods recipes & info at
www.OurNutritionKitchen.com



Happily burying those fruity desert drinks pureed with bananas, milk, yogurt or ice cream...

The first two could easily be repurposed as a soup, or maybe a soup repurposed as a smoothie 😊

all recipes serve 2

Gazpachasmoothie

2 cups romaine lettuce (about 6 leaves) or baby spinach
1 tomato (sliced)
1 cup coconut water or kefir (kefir will make it creamy)
1 medium carrot, chopped
1 cucumber, "chunked" (peeled if waxed)
1 avocado
1 whole lime, peeled
2 garlic cloves, crushed
½ tsp sea salt or to taste
pinch of cayenne pepper
some ice cubes if you want it cold and thick

Wake-Up! Spicy Vegetable Greeny

2 avocados, peeled and pitted
½ cucumber (peeled and chunked)
1 cup cold water
½ cup coconut milk kefir
4 tablespoons lemon juice
4-8 drops tabasco
a handful chives, chopped
3 stems dill
2 ice cubes
1 teaspoon salt

Ginger-Berry Anti-Inflammatory Energy Blast

3 inch piece of ginger (peeled)
4 cups of leafy greens (kale, collards, romaine, spinach, chard, etc.)
2 cups of celery (chopped)
2 cups of frozen cranberries (unsweetened)
1 cup filtered water
4 tablespoons (scoops) 100% whey protein

Truly Detox Brazilian Smoothie

This recipe is a gift to my Rejuveo cleanse from two dear Brazilian friends—I think Brazil doesn't have measuring equipment or something... "a handful" to me is a cup. I know some of you cook like this 😊

handful of organic kale, chopped
handful of baby spinach
half of a handful of cilantro
half a handful of parsley
a handful of raw nuts (soaked overnight)
½ tablespoon of flax seeds (soaked overnight)
one carrot
half an organic green apple, seeded & diced
1 teaspoon of raw cacao powder
1½-2 cups of almond or coconut milk kefir.

Creamy Chocolate Energy Shake

A great mid-morning pick-me-up

2 cup coconut milk or almond kefir
4 tablespoon almond butter
1 avocado
¼ cup raw cacao powder
4-6 drops of stevia (optional)
1 cup ice

Minty Refreshment

2 large cucumbers (peeled and «chunked»
3 cup almond or coconut milk kefir
3-4 sprigs of mint
4 tablespooms 100% whey protein
some ice cubes if you want it cold and thick

Creamy Green Jeans

1 cup almond or coconut milk kefir
6 frozen strawberries
2 big handfuls of spinach
1 stalk of kale
2 stalks of chopped celery
4 tablespoons (scoops) 100% whey protein