



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. Or consider Systemic Formulas' Collagens.

♦ a **vegan** option is either the Vanilla or Chocolate [Metabo-Shake protein](#) powder by Systemic Formulas

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...

All recipes serve 2 -- underlines are hyperlinks

Add 4 Tablespoons [Standard Process Whey Protein](#) or [SP Complete](#), or [Systemic Formulas Collagen](#) per batch

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

[Gazpachasmoothie](#)

2 cups romaine lettuce (about 6 leaves) or baby spinach
1 tomato (sliced)
1 cup [coconut water](#), [coconut milk](#), or [kefir](#) (non-dairy milk or 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](#), or [kefir](#) (or non-dairy milk)
4 tablespoons lemon juice
4-8 drops tabasco
a handful chives, chopped
¼ cup cilantro and/or ¼ cup parsley, chopped
2 ice cubes
1 teaspoon salt

[Creamy Chocolate Energy Shake](#)

A great mid-morning pick-me-up

1 cup [coconut milk](#), or [kefir](#) (non-dairy milk or kefir (to make it creamy)
4 tablespoon [no sugar almond butter](#)
1 avocado, pitted and peeled
¼ cup [raw cacao powder](#)
4-6 drops of [pure stevia](#) (optional--must be pure, no erythritol, dextrose, maltodextrin, or other cheap filler)
1 cup ice

For all recipes just blend and serve

[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) need I mention the high selenium [Brazil nuts](#)???
½ tablespoon of flax seeds (soaked overnight)
one carrot, chopped
half an organic green apple, seeded & diced
1 teaspoon of [raw cacao powder](#)
1½-2 cups 1 cup [coconut milk](#), or [kefir](#) (non-dairy milk or kefir will make it creamy)

[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 [coconut water](#), [coconut milk](#), or [kefir](#) (non-dairy milk or kefir will make it creamy)

[Minty Refreshment](#)

1 large cucumbers, peeled and chunked
1-2 green apples, cored and sliced, or 4 kiwi peeled and sliced
3 cups [coconut water](#), [coconut milk](#), or [kefir](#) (non-dairy milk or kefir will make it creamy)
3-4 sprigs of fresh mint, chopped
Add some ice cubes if you want it cold and thick

[Creamy Green Jeans](#)

1 cup [coconut milk](#), or [kefir](#) (non-dairy milk or kefir will make it creamy)
6 frozen strawberries
2 big handfuls of spinach
1 stalk of kale, chopped
2 stalks of celery, chopped

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