

# Energize Smoothie

## Quickie Version

In a cup or glass, mix:

- some liquid (almond milk, coconut water, pre brewed green tea or other)
- some protein: cup of yogurt or kefir, scoop of protein powder (high quality, organic)
- Optional: scoop of green powder-high quality, organic superfood blend

## Blender Version

### Ingredients

- Some liquid—about ½ cup almond milk or coconut milk or other liquid
- Some protein: 1 cup organic, plain, whole milk Greek yogurt or kefir or 1 scoop protein powder: whey (grass fed, organic) or plant based, (organic)
- Some fruit: 1 cup berries, and/or ½ banana, and/or ½ c mango chunks, apple, or other
- Some organic greens: 1-2 cups spinach or baby kale, chard, collards, celery, or other

### Instructions

- In a VitaMix or other strong blender, add ingredients and blend well.
- Note: If using a whey powder, add it in last, after all other ingredients have been blended. Mix on gentle. The immune compounds in whey are fragile.

### Optional Add-ins

- For the liquid: coconut water, aloe vera juice, any nut milk, or pre brewed green tea (steep 4 tea bags or 2 tsp loose tea in 1 qt hot water, 3 min)
- 1 tsp ginger powder
- 1 tsp turmeric powder
- Coconut oil or coconut butter—1-2 Tbsp.
- 2-3 raw Brazil nuts
- 2 Tbsp. raw nuts/seeds: walnuts, almonds, others, pumpkin or sunflower seeds
- 1 Tbsp. ground flax seeds
- 1-2 Tbsp. almond or peanut butter
- ½ pitted avocado
- ½ tsp Matcha green tea powder, food grade
- Mushroom powder, high quality such as 5 Defenders by Real Mushrooms
- Green powder blend, organic, high quality, such as Amazing Grass
- Other foods, as desired

**Whey** is an excellent choice for highly absorbable protein. It is important to get high-quality whey that is from grass fed cows, is unheated and unsweetened.

**Superfood powder blends** provide easy to absorb nutrients that can help balance acid/base status. Choose high quality, organic blends.

**Yogurt, Kefir, “BioK” or a probiotic powder** will provide beneficial bacteria that support digestion, elimination and immunity. 2/3 of the immune system is in the gastrointestinal tract. A strong and balanced immune system depends on a balanced and diverse amount of beneficial, probiotic bacteria.

**Berries** are bursting with powerful anti-cancer compounds such as proanthocyanidins and ellagic acid.

**Brazil nuts** have high amounts of the anti-cancer mineral, selenium.

**Ground flax** provides soluble fiber for intestinal health, omega 3 fatty acids for anti-inflammatory support and powerful anti-cancer compounds called “lignans.”

**Turmeric** has been studied extensively for its ability to shut down major cancer processes.

**Ginger** adds warmth, supports digestion and helps manage inflammation.

**Green vegetables**, such as spinach, kale or chard add in vitamins, minerals, fiber and oxygenating plant nutrients.

**Green tea** boasts high amounts EGCG—famous for its documented, cancer fighting action.

**Assorted nuts and seeds** provide healthy protein, fat, vitamins, minerals, fiber and cancer-fighting activity. Choose raw nuts/seeds—the healthy fats will be more intact and less likely to be damaged. Presoaking will increase digestibility and improve nutrient absorption.

**Avocado or nut butter** can be added to boost calories and nutrition and to add creaminess.

**Coconut oil or coconut butter** is an excellent source of easily absorbable fatty acids that can be used for energy, and are healing to the intestines and liver.

**Mushroom powder-** will provide immune strengthening beta glucans.