

Recipe – Coconut Blender Smoothie

Recipe is taken from The Mood Cure by Julia Ross.

Ingredients:

- 2 T. to ¼ c full fat coconut milk
- 1 banana
- ½ c. mixed berries
- 1 peach
- 1 pineapple wedge

OR, in place of fruit - ½ c. pumpkin puree or cooked sweet potato

- Dash of cinnamon
- 2 T. protein powder from egg, whey or rice sources (totaling over 20 grams of protein)

The following 4 ingredients can also be added, if desired:

- 1 T. (or to taste) powdered green foods
- 1 t. to 1 T. nutritional yeast
- 2 T. flaxseeds or meal
- Fresh ginger or mint to taste

Directions:

Blend all ingredients in food processor or blender

Add water or ice if you'd like a thinner consistency

Makes one serving