

Recipe

MIXED BERRY SMOOTHIE

INGREDIENTS:

2 CUPS - FRESH SPINACH
1 CUP - FROZEN MIXED BERRIES
1 CUP (AT LEAST) - COCONUT WATER
1 EACH - BANANA (SLICED)

INSTRUCTIONS:

ADD ALL INGREDIENTS TO A HIGH-SPEED BLENDER, STARTING WITH THE LIQUID FIRST TO PREVENT STICKING. BLEND ON LOW, THEN INCREASE TO HIGH FOR 50-60 SECONDS UNTIL COMPLETELY SMOOTH.

TIPS FOR SUCCESS:

FREEZE INGREDIENTS: TO AVOID A WATERY DRINK, USE FROZEN FRUIT INSTEAD OF ICE.

HIDE THE GREEN TASTE: USE MORE FRUIT AND LESS LEAFY GREENS, OR ADD A SQUEEZE OF LEMON JUICE TO HIDE THE "GRASSY" FLAVOR.

PREP AHEAD: PACK THE GREENS AND FRUIT IN INDIVIDUAL AIRTIGHT CONTAINERS OR FREEZER BAGS, THEN JUST ADD LIQUID AND BLEND IN THE MORNING.

MAKE IT FILLING: TO MAKE THIS A MEAL REPLACEMENT, ADD A SCOOP OF PROTEIN POWDER, 1-2 TABLESPOONS OF ALMOND BUTTER, OR SOME YOGURT.

