

Superfood Smoothie



Simple Formula Checklist

Smoothie Name: *Superfood Carrot Binge Smoothie* Make Again: Yes / No
 Date: *7/10/2021*

5 Ingredient Categories (Circle what you like)	Notes
1. Protein Bone Broth (Liquid) (1/2-1 cup) Nuts, Peas, Beans (1/4-1/2 cup) Cottage Cheese (1/2 cup) Ricotta Cheese (1/2 cup) Kefir Cheese (1/2 cup) Yogurt - Greek (1/2 cup) Nut Butters (1-2 tbsp.) <u>Yogurt - Plain (1/2 cup)</u> Nut Milk (Liquid) (1/2-1 cup) Whey (Liquid) (1/2-1 cup)	<i>I used water for the liquid.</i>
2. Carbohydrates (1-2 cups) Apples Cruciferous Veggies <u>Melons</u> <i>Cantaloupe</i> <u>Bananas</u> Cucumbers <u>Other Fruits</u> Berries Grapes Other Veggies <u>Carrots</u> Greens Pineapples Celery Mangos Stone Fruits	<i>I added an orange.</i>
3. Fats Avocado (1/2 avocado) Ghee - Melted (1-2 tbsp.) Butter - Melted (1-2 tbsp.) Olive Oil (1-2 tbsp.) Coconut Oil - Melted (1-2 tbsp.) <u>Sesame Oil - Untoasted (1-2 tbsp.)</u>	
4. Fiber (1-2 tbsp.) Chia Seeds Oat Bran Psyllium Husks Flax Seeds <u>Old Fashioned Rolled Oats</u> Wheat Bran	
5. Flavor Boosters <u>Apple Cider Vinegar (1 tsp. - 1 tbsp.)</u> Herbs - Fresh (1-2 tbsp.) Cacao Powder or Nibs (1-2 tbsp.) Optional Sweeteners (1 tsp. - 1 tbsp.) Citrus Juice/Zest (1 citrus) <u>Spices</u> - Dried (1 tsp.) - <u>Fresh (1 tbsp.)</u> Fermentation Brine (1 tsp. - 1 tbsp.) Spirulina or Seaweed (1 tbsp.)	<i>I added about 1 inch piece of ginger.</i>

5-Step Superfood Smoothie Formula

Add ingredients in the following order:

- (1) Liquid*
- (2) Protein
- (3) Fats
- (4) Fruits/Veggies/Fiber
- (5) Flavor Boosters

* 1/2-1 cup liquid depending on desired thickness. Optional liquids: Black Tea, Coffee, Green Tea, Herb Tea, Juice, Milk, Water