

Superfood Smoothie



Simple Formula Checklist

Smoothie Name: *Superfood Berry 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) <u>Cottage Cheese (1/2 cup)</u> Ricotta Cheese (1/2 cup) Kefir Cheese (1/2 cup) Yogurt - Greek (1/2 cup) Nut Butters (1-2 tbsp.) Yogurt - Plain (1/2 cup) Nut Milk (Liquid) (1/2-1 cup) <u>Whey (Liquid) (1/2-1 cup)</u>	<i>used 1/2 c whey</i>
2. Carbohydrates (1-2 cups) Apples Cruciferous Veggies Melons <u>Bananas</u> Cucumbers Other Fruits <u>Berries</u> Grapes Other Veggies Carrots Greens Pineapples <u>Celery</u> Mangos Stone Fruits	
3. Fats Avocado (1/2 avocado) Ghee - Melted (1-2 tbsp.) Butter - Melted (1-2 tbsp.) <u>Olive Oil (1-2 tbsp.)</u> Coconut Oil - Melted (1-2 tbsp.) Sesame Oil - Untoasted (1-2 tbsp.)	<i>used only 1 tsp. since cottage cheese was full-fat</i>
4. Fiber (1-2 tbsp.) <u>Chia Seeds</u> Oat Bran Psyllium Husks Flax Seeds Old Fashioned Rolled Oats Wheat Bran	
5. Flavor Boosters Apple Cider Vinegar (1 tsp. - 1 tbsp.) Herbs - Fresh (1-2 tbsp.) Cacao Powder or Nibs (1-2 tbsp.) Optional Sweeteners (1 tsp. - 1 tbsp.) <u>Citrus Juice/Zest (1 citrus)</u> <i>lemon</i> Spices - Dried (1 tsp.) - Fresh (1 tbsp.) Fermentation Brine (1 tsp. - 1 tbsp.) Spirulina or Seaweed (1 tbsp.)	

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