

Superfood Smoothie



Simple Formula Checklist

Smoothie Name: *Superfood Anti-Inflammatory*
 Date: *7/10/2021* *Pineapple Turmeric Smoothie* Make Again: Yes / No

| 5 Ingredient Categories (Circle what you like) | Notes |
|--|--|
| 1. Protein Bone Broth (Liquid) (1/2-1 cup) Nuts, Peas, <u>Beans</u> (1/4-1/2 cup) <i>Navy Beans</i> 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.) Yogurt - Plain (1/2 cup) Nut Milk (Liquid) (1/2-1 cup) Whey (Liquid) (1/2-1 cup) | <i>I used turmeric tea for the liquid.</i> |
| 2. Carbohydrates (1-2 cups) Apples <u>Cruciferous Veggies</u> <i>Cauliflower</i> Melons <u>Bananas</u> Cucumbers Other Fruits Berries Grapes Other Veggies Carrots Greens <u>Pineapples</u> Celery <u>Mangos</u> Stone Fruits | |
| 3. Fats Avocado (1/2 avocado) Ghee - Melted (1-2 tbsp.) Butter - Melted (1-2 tbsp.) Olive Oil (1-2 tbsp.) <u>Coconut Oil - Melted (1-2 tbsp.)</u> Sesame Oil - Untoasted (1-2 tbsp.) | |
| 4. Fiber (1-2 tbsp.) Chia Seeds Oat Bran <u>Psyllium Husks</u> 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> <u>Spices - Dried (1 tsp.)</u> - Fresh (1 tbsp.) Fermentation Brine (1 tsp. - 1 tbsp.) Spirulina or Seaweed (1 tbsp.) | <i>I added turmeric powder</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