

Emilie's Super Smoothie recipe

I start most days with this Smoothie to give me a filling breakfast and make sure I take in the key nutrients to power me up for the day.

Ingredients

1 scoop Sun Warrior Vanilla Classic vegan protein powder

1 handful of Spinach or Kale leaves

Flesh of half a small avocado

1 ice cube

1 tbsp of Coconut or Nutiva MCT oil

half tsp Naturya Organic Chlorella powder

1 cup of water

Liquid supplements from Biocare*:

2 drops Nutrisorb Chromium supplement for blood sugar balance and to reduce sugar cravings

6 drops Nutrisorb D3 & K2 supplement for immunity and bone health

Optional extras:

1/2 a cup of frozen raspberries or 1/2 a ripe banana

1 tbsp of peanut butter (instead of MCT oil)

1 tsp raw cocoa powder

Add all ingredients to a smoothie maker or blender cup, starting with the water. Blend til smooth.

*Please note this does not constitute a supplement recommendation. If you have an underlying health condition or are taking any medication please consult with your Doctor before taking supplements. It is always recommended that you take a daily multivitamin if you are taking single nutrients. I take Higher Nature Advanced Multi.