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# COMPLETE SMOOTHIE

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Makes 1 smoothie

*Ingredients:*

- 1-2 cups Liquid
- 2 cups of greens
- ½ cup of fruit
- 1 tablespoon healthy fat
- Protein source
- Special additions

Key Consideration!

4:1 ratio of Veggies → Fruit

**Liquids:** water, milk, non-dairy sugar free alternative, cooled green tea

**Greens:** spinach, kale, watercress, cucumber, green leaf lettuce, Swiss chard, collards

**Fruit:** endless choices; berries, banana, apple, mango, pear, pineapple, orange, kiwi, melon etc.

**Protein:** 1 scoop protein powder (whey, casein or vegan options), ½ cup pasteurised egg whites, ¾ cup plain Greek yogurt

**Healthy fats:** avocado, chia seeds, hemp seeds, flax seed, sesame seeds, coconut oil (1 teaspoon)

**Special Additions:** 1 teaspoon matcha, maca, spirulina or chlorella powder, 1 nub fresh peeled ginger, cinnamon or acai powder

*Directions:*

- Add all ingredients to a blender and combine until smooth.
- Ice may need to be added to the mixture before combining to cool. Using frozen fruit and cold liquids is also a great way to cool your smoothie.

