

Superfood Smoothie

There are pros and cons to smoothies. One of the major pros is that they are a quick and easy way for most of us to get a nutrient-dense meal first thing in the morning. This smoothie takes advantage of banana to mask the flavors of some other great nutrient-dense foods. If you're going to add a lot of superfood add-ons, you may want to use a whole banana. Ripe bananas will be sweeter, whereas green banana will give you more starch.

Superfood Smoothie

Prep Time	Cook Time	Yield	
5 Minutes	none	1 (12oz) serving	
Amount	Ingredient		
1/2		banana	
1/4		avocado	
1	cup	water	
2-3	cups	fresh leafy greens	spinach, kale, lettuce, baby collards, etc.
1 tsp to	1 tbsp	superfood add-ons	coconut milk, extra-virgin olive oil, kombucha, or bone broth
1-2	tbsp	protein powder	pea protein preferred during immune protocol

Instructions

1. Place all the ingredients except the protein powder in a blender and blend on high for 1-2 Minutes, until smooth. Add the protein powder and pulse to incorporate.

TIPS:

Leftover sweet potato can be added to increase the starchy carbohydrate content.

A high-powered blender will create a smoother consistency and is definitely a worthwhile investment if you'll be making smoothies often.