

SUPER SMART SMOOTHIE FOR ONE CHILD

CUP OF FROZEN BERRIES, ICE OR FROZEN BANANA, WATER OR ALMOND MILK, POWDERED GREENS OR SCHINOUSSEA SEA VEGETABLES OR FRESH KALE OR SPINACH --> BLEND THEN ADD NEW ZEALAND UNDENATURED WHEY PROTEIN OR VEGA SMOOTHIE POWDERS + FISH OIL --> BLEND ON LOW 10 SEC

-use blueberries and add two wedges of lemon with peel on if you have a good blender for a great citrus combo

PB&J Smoothie ([Bite of Life](#) blog)

Ingredients: blended together on HI

1/2 cup frozen organic strawberries
1/2 cup frozen organic cherries
1 cup almond milk (add water if more liquid is needed)
1/4 or 1/2 banana, previously peeled and frozen
1 heaping TBS almond butter
1 scoop berry Vega* powder

GREEN SHAKE ([BITE OF LIFE](#) BLOG)

You can add water/milk of your choice until you reach the desired consistency.

Ingredients:

This recipe fills two mason jars.

1 cup coconut milk/almond milk
1.5 - 2 cups water
1 avocado
1 cucumber
2-3 handfuls fresh spinach
1 grapefruit, peel discarded
1 lime, peel discarded
1-2 scoops green powder or schinnoussa sea vegetables
ice
OPTIONAL: 2 drops peppermint extract