



## Balanced Breakfast Smoothie Recipe:

### ShaniMara.com

- A. Put a handful of raw almonds (approx. 25-30) in blender. Fill with 1/2 cup water.
- C. Blend almonds until the mixture becomes a pulp. Blend very well, longer than normal so that the mixture becomes smooth. This is the base of the smoothie.
- D. Add 1/2 - 1 ripe banana + 1/3 - 1/2 cup blueberries or strawberries, fresh or frozen.
- E. Add protein: A protein powder. Ex: Tera's Organic Whey Protein - dairy based - 1 -2 scoops or your favorite vegan protein powder. <https://simplyteras.com/products/organic-plain/>. 1 scoop is equivalent to the protein in 1.5 eggs.
- F. Optional Add Lakanto brand monk fruit natural no-actual-sugar sweetener to make sweeter without adding more actual sugar in the form of juice, honey or agave and have sugar only from fruit. Try 1 or 2 spoonfuls. <https://www.lakanto.com/collections/sales-title/products/lakanto-classic-sugar-free-sweetener-family-size-800g>.
- F. Add a healthy fat: 1 teaspoon coconut butter (Artisana brand, butter not oil) <http://www.artisanaorganics.com>, 1 teaspoon cold pressed organic flax oil or essential omega fatty acid blend. Blend. Taste test before adding in ice.
- G. Add a large handful of raw organic baby spinach. It will change the color, but I promise you won't taste it!
- H. Add 1 cup or more of ice depending on how cold and frosty you like it. Blend.

Notes: I recommend using organic ingredients if possible. Recipe serves 1.