

Sarah's Breakfast Smoothie

(Makes 2 x 16-ounce smoothies)

1-2 cups water

2 cups fresh or frozen berries

½ a frozen avocado or one frozen banana, in chunks

2 teaspoons organic spirulina

1-2 Tablespoons each of freshly ground chia seeds and freshly ground flax seeds

2 teaspoons organic Maca powder or Ashwagandha powder

2-4 tablespoons Hemp Hearts

1 teaspoon (or to taste) of local, raw honey

1 teaspoon of turmeric

1 teaspoon of cinnamon

1 ½ cups Organic Plain Greek yogurt (look for 19 grams of protein per serving)

2 big handfuls of organic pre-washed greens (kale, spinach, chard, parsley etc.)

Blend until smooth and creamy and enjoy!