

## MORNING ENERGY SMOOTHIE RECIPE (MY PERSONAL CREATION)

### Ingredients:

- 2 cups almond milk (or plant-based milk of choice)
- 1 cup chicken bone broth
- ½ tsp Pink Himalayan Salt (or preferred sea salt)
- ¾ cup frozen blueberries (or preferred berries – you may even mix them up) (if you use fresh fruit, add a few ice cubes before blending)
- ½ banana
- ¼ cup plant-based protein powder (or protein of choice)
- 1 TBSP flax meal or ground flax seed
- 1 tsp chia seeds
- 1 TBSP extra virgin olive oil
- 1 tsp cinnamon
- 1 tsp turmeric
- 1 tsp stevia powder (or sweetener of choice – you may want to add a bit more if you're using something other than stevia powder – stevia powder can be sweeter than others)

### Instructions:

Add all ingredients into a high-speed blender on the lowest setting, advancing speeds until everything is fully blended. Makes approximately 24oz.

Note: I created this smoothie specifically for my body's needs. This may be a wonderful smoothie for you in helping to fight inflammation as well. I also add 1T of cacao powder or 1T of maca powder when I want an extra energy kick, feel free to do so as well. If my body is craving more protein, I will even add 1T of cooked salmon. This might sound gross, yet I find it does not affect the flavor of the smoothie at all. Be creative and experiment with your own ingredients. Have fun!