

Veggie Mash

Make your own veggie mash that you can put in smoothies. Your microbiome only needs a couple of tablespoons of the mixed veggie mash to improve diversity.

I select organic veggies that I do not regularly eat – some I am not even sure what they are?? Diversity is the key – change it up each time you make a mash.

Buy a bunch of organic veggies, wash, spin dry, chop up in food processor, stir mixture up in big container and then I separate the mixture up into small glass containers and freeze them.

I add a couple table spoons of the green mix to my morning smoothie.



