

Superfood smoothies are a delicious and nutritious way to boost your daily intake of essential nutrients and antioxidants. Here's a basic recipe for a superfood smoothie, but feel free to customize it with your favorite superfood ingredients:

Ingredients:

- 1 whole organic ginger
- 1 whole organic turmeric
- 2 cups of raw collard greens
- 2 cups of frozen sliced bananas
- 1 cup of frozen whole strawberries
- 2 cups of frozen triple berries blend (blackberries, blueberries, raspberries)
- 2 cups of frozen mixed variety cherries
- 2 cups of frozen blueberries
- 2 cups of frozen super sweet pineapples chunks
- 2 cups of frozen tropical mango chunks
- 2 tsp of raw organic pomegranate powder
- 2 tsp of organic goldenmilk
- 2 tsp of organic plant protein (pea & quinoa protein)
- 2 tsp of organic chia, flaxseed and hulled hemp seed
- 2 tsp of organic antioxidant fruit & prebiotic
- 2 tsp of organic goji berry powder
- 2 tsp of organic elderberry powder
- 2 tsp of vitamin c
- 2 tsp of vitamin d
- 2 tsp of organic zinc
- 2 tsp of organic catnip
- 2 tsp of organic garlic
- 2 tsp of organic rosemary
- 2 tsp of organic thyme
- 2 tsp of organic peppermint
- 2 tsp of organic basil
- 1 tsp of echinacea

Superfood Variations:

You can customize your superfood smoothie by adding other superfood ingredients like goji berries, hemp seeds, acai, spirulina, or matcha powder.

Experiment with different leafy greens, such as spinach, kale, or Swiss chard, to vary the flavor and nutrient profile.

Include nuts like almonds or walnuts for added healthy fats and protein.

For an extra nutrient boost, consider adding a scoop of protein powder or a spoonful of almond butter. Superfood smoothies are versatile, and you can tailor them to your taste preferences and dietary needs. They're an excellent way to incorporate a wide range of superfoods into your diet, supporting your overall health and well-being.

Blend well and enjoy! Please note: You are welcome to use whatever you have and like, it doesn't have to be the exact ingredients. Have fun and enjoy your superfood blend. If you have any questions, feel free to reach out to me and schedule a free 15 minute consultation:

<https://herbalistblends.cc/booking/ola/services/15-minute-consultation>