

LOTUS HEARTH SMOOTHIE

Rooted Calm • Digestive Ease • Heart-Centered Nourishment

The Lotus Hearth Smoothie is a grounding, gently spiced blend inspired by traditional root wisdom and modern whole-food nourishment.

Ingredients

- Lotus root (peeled, lightly steamed or blanched)
- 1 ripe banana
- 1 small apple
- 1/2 tsp cinnamon
- 1/4 tsp fresh ginger
- 1–1½ cups coconut water
- Optional: collagen

Preparation

Blend all ingredients until smooth. Adjust liquid as needed.

Benefits

- Supports digestion and gut comfort
- Promotes circulation and respiratory health
- Provides grounding, steady energy
- Nourishes skin, joints, and connective tissue