

# FAVORITE SMOOTHIE *recipes*

## DR. HYMAN'S WHOLE-FOOD PROTEIN SHAKE

### YOU WILL NEED

- ½ cup frozen blueberries
- ½ cup frozen cranberries
- ¼ organic lemon with rind (optional-- but I like it)
- 1 TBSP almond butter
- 1 TBSP pumpkin seeds
- 1 TBSP chia seeds
- 1 TBSP hemp seeds
- 2 raw walnuts
- 2 raw brazil nuts
- ¼ avocado
- ½ TBSP coconut butter
- ½ cup unsweetened almond or hemp milk
- ½ water

### PROCEDURE

Blend all ingredients until smooth.

## ERIN'S CHOCOLATE-BERRY SMOOTHIE

### YOU WILL NEED

- 2 cups packed baby spinach leaves
- 1 cup frozen berries
- 1 scoop vegan chocolate protein powder
- 1 TBSP coconut butter
- 1 TBSP almond butter
- 3 TBSP chia seeds
- ½-1 cup ice (depending on preference)
- ½ cup unsweetened almond milk
- ½ cup water

### PROCEDURE

Blend all ingredients until smooth. Add more liquid if necessary to achieve desired consistency.