

Smoothies

Smoothies are an efficient healthy breakfast-when you have your blender and supplies set up you can have a nutritious treat in 5 minutes. If you add the nuts and oils this smoothie will last you through to lunch. Enjoy!

Ben's Morning Blast

12 -16 oz Water (some prefer ½ coconut milk or rice milk)
¼ cup Soaked sunflower seeds or almonds
(for easier digestion- soak nuts or seeds in water overnight and then rinse,
if I forget to soak them then I just put them in anyways)
2 TBS Coconut oil (or walnut oil)
2 scoops Whey or Rice Protein powder
3-4 Dates (pitted) or banana or berries or apple (what ever I have)
1 scoop Green powder (pure synergy or vitamineral green)
1-2 TBS flax seeds

put in the blender and blend on high until the flax seeds are ground,
makes enough for 2 people or put it in the fridge for tomorrow and you can save
time.

Super Charged Smoothie Table: USE ONE OR MORE of each: liquid, protein, oil, flavor, and misc.

Ingredients	Option 1	2	3
Liquid	Water or water and coconut or rice milk	Juice and water Herb tea or green tea	Kefir or water and Yogurt
Protein	Nuts or seeds (all kinds!)	Powders (whey/rice/hemp/soy)	
Oil	Walnut	Olive	Coconut
Flavor/if you need it a little sweeter	Dates	Berries (fresh or frozen)	Banana or other fruit
Misc	Flax seeds	Green Powders	Probiotics
Other stuff...	Truly limited only by your imagination. I sometimes use spinach, kale, avocado, turmeric, cayenne pepper, chamomile, cardamon, cinnamon, chocolate, macca, and other herbs.		

Other ingredients for specific needs (really unlimited):

1. More energy (mitochondrial support in a smoothie): get powdered Co-Q10 100mg (designs for health or other, ubiquinol 2x stronger then ubiquinone), D-Ribose powder 2-4g (life extensions or other), L-Carnitine powder 2g (designs for health or other), and liquid or powdered magnesium 500mg (more if constipated, less if soft stools).
2. Powdered multivitamins (many companies have) great for elderly or people who need more nutrients but don't like or have difficulty with pills.
3. Athletes: Liquid multiminerals (often have a funny taste, but if you are not too taste sensitive this is a great way to get this in) and whey protein immediately after a work out is a great boon for your body.
4. Weight Gain (I do this a lot in the elderly): add oils and seeds or nuts/nut butter.