



South of the Border Smoothie

Ingredients:

1/4 of a banana (frozen works well!)
1/4 cup frozen cauliflower
1/3 cup of pineapple
1/3 cup mango
2 TB cup seed OR nut butter
1/2 cup of non-dairy milk (coconut would work well)
1/2 cup of water
1 cup of greens
1 scoop of protein powder

Instructions:

Blend with ice in high powered blender

Booster: Add in one OR all of the following

1 tsp maca (for energy)
1 tsp turmeric/ginger (anti-inflammatory)
1 tsp Cinnamon (heart health)
hemp hearts (more protein)

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