

## Super Smoothie

The following smoothie has been recommended by your healthcare provider. Smoothies can be a great complement to dietary program and help to make 'food as medicine' delicious and nutritious. You should follow the specific recommendations checked or circled below.

- Brew one quart of strong tea\*. Let the tea steep 10-15 minutes. Store it in the refrigerator.
  - Green tea
  - Nettle tea (e.g. Traditional Medicinals)
  - Licorice tea
  - Tulsi tea (organic India)
  - Detox tea
  - Yogi tea
  - Other \_\_\_\_\_
- Use 4-6 oz. of the above for your base liquid for your smoothie. Place it in a blender.
- Add 2-4 oz. of:
  - Chilled pomegranate juice
  - Welch's unsweetened purple grape juice
  - Acai juice
  - "Morning blend" or any Knudsen Organic "just" juice
- Add ½ cup of frozen blueberries, blackberries, or raspberries (preferably organic).
- Add one to two tablespoons of ground flax seed (e.g. Bob's Red Mill Ground Flax Meal). Store extra ground flax seed in fridge. It will keep for 3-4 weeks.
- Add any sweet whole fruit of your choice. For example pineapple, banana, peach, in season melon, ripe pear or one chopped small ripe (sweet) mango, or unsweetened organic applesauce. Avoid processed fruit containing "high fructose corn syrup."
- Protein and additional nutrients:
  - Protein drink: add two tablespoons of
    - Whey powder
    - Soy powder
    - One half cup of soy yogurt
    - One half cup yogurt or kefir (soy or dairy)
    - Whole oats soaked overnight in the refrigerator in soy, almond, rice or dairy milk
  - One scoop or tablespoon Pro-greens
  - One scoop Barlean's Greens
  - One scoop of Nano Greens
  - One scoop of Fiber Smart
  - UltraClear Plus
  - UltraGlycemX
  - UltraInflamX
  - MediClear
  - OptiCleanse
  - Other \_\_\_\_\_
- Add ¼ cup of crushed ice if you like your smoothie cold.
- Blend until it is of the right consistency for you.

\* Base tea can be made from different herb tea combinations either from tea bags or home brewed from bulk herb: Simmer in two quarts of hot water for 10-15 minutes then cover and turn off the stove and allow it to cool 20 minutes or so. Strain and discard the loose tea. Store in the refrigerator. This stays good for a week to ten days. Use the herb tea mixes circled above or those circled below:

- Four tablespoons of loose green tea
- Two tablespoons of Gotu Kola leaf
- Two tablespoons of lemon balm leaf
- Two tablespoons of dried hawthorne
- Two tablespoons of dried elder berries
- Two tablespoons eluthero (Elutherococcus senticosus or Siberian ginseng)
- Two tablespoons of white willow bark
- One tablespoon powdered ashwaganda root
- One tablespoon powdered shatavari root
- One tablespoon slippery elm bark powdered
- One tablespoon of fresh rosemary chopped
- One teaspoon of fresh ground turmeric
- One half teaspoon of fresh ground cinnamon