

• THE FACILITY FUNCTIONAL MEDICINE•

HIDDEN VEGETABLE SMOOTHIE

You want to know a basic health hack? Adding extra vegetables to every meal! Even smoothies! . . . A blended drink is an easy way to sneak in something extra (in the form of frozen vegetables) to increase the nutrient density of a basic shake. Plus, the added fiber dampens the glycemic response associated with fruit and fruit juices. Cauliflower and Zucchini work well, but mix it up with other options like spinach, butternut squash, or brocolli stalks.

- 1 cup Frozen Cauliflower/Frozen Zucchini
- 1 Banana (Frozen)
- 1 Tbsp Almond Butter/Cashew Butter
- 2 Tbsp Cacao Powder
- 1 scoop protein powder (Grass-fed Whey or Hemp)
- 1 cup Unsweetened Almond Milk/Oat Milk/Coconut Milk

Water and Ice to blend

NOTES

Make it Mocha: Replace half the liquid with chilled coffee Make it Sweeter: Add a couple medjool dates
No Maca?: Try Ceylon Cinnamon instead



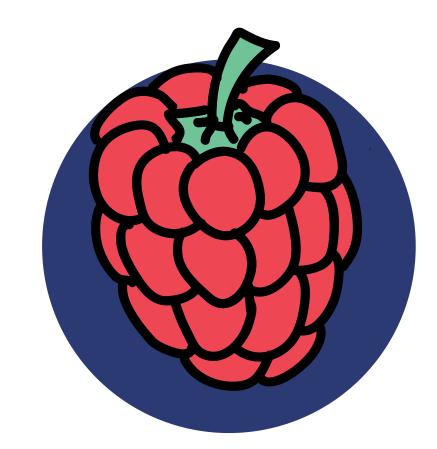
- 1 cup Frozen Cauliflower/Frozen Zucchini
- 1 cup Frozen Raspberries (or other Berry)
- 1 Lemon (peeled, or juiced)
- 1 Tbsp Chia Seeds (or Ground Flaxseeds)
- 1 scoop protein powder (Grass-fed Whey or Hemp)
- 1 handful cilantro or parsley or mint
- 1 cup Unsweetened Almond Milk/Oat Milk/Coconut Milk

Water and Ice to blend

NOTES







No Protein powder? Use 1/4 cup hemp seeds