



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 broccoli stalks.

CHOCOLATE CAULIFLOWER SMOOTHIE



- 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



RASPBERRY ZINGER SMOOTHIE

- 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

