

Get Switched On! – Morning/Afternoon Smoothie

Starting the day of right is crucial to maximize your energy for the day. Here is what I do and it might work for you too. Try it for two weeks. It also works great as a meal replacement. Your energy should improve and you will be unbelievable regular 😊. The National Cancer Institute recommends men need 9 servings of fruits/vegetables a day for men and 7 for women. Here is an easy way to knock it out in the morning. I use a *Bosch* blender that can pulverize almost anything.

Here is what I suggest – you can of course improvise – this is enough 2 people or a lot for you 😊. *The fruit and the juice/water are not exact quantities.* The amount you make will vary depending on how much of each item you include. Play with it a few times to get it the way you want it.

1 scoop **Dr. Schulze's Super Food Plus** or 1 scoop **MegaFoods Organic Greens** or

1 scoop of **Garden of Life Perfect Food Super Green Formula**

½ cup juice – organic if you can get it and ½ - 1 cup filtered water

½ teaspoon of Vitamin C Powder

1 tablespoon **Udo's Oil 3-6-9 Blend**

1 Frozen banana (break into pieces-put in Ziploc bag to freeze)

Frozen **blueberries** and peaches/nectarines/pineapple etc. (buy in bulk sizes to save money)

small piece of frozen coconut is good too or a tablespoon of honey

1 - 2 full size carrots – could be only one if it is big (cut them up first)

Handful of spinach (grab some with your fingers – maybe 20 pieces or so)

Handful of kale (grab some with your fingers – maybe two - three full size leaves)

One to two tablespoons of vanilla yogurt to your taste

4" – 6" of a cucumber or a tomato if in season

I put in all the non frozen items first and pulverize them first. Then add the frozen items. **Blueberries are KEY to make the color look more like a typical smoothie.** Blackberries have seeds I don't like. I put in the yogurt to add to the taste. You will be amazed. I know you are thinking it will taste terrible with that spinach and kale, but surprise! With the frozen fruit and yogurt you can not taste it. If you have kids, it might help NOT to show them what you are putting in it.

Bonus Ideas: If you have some left over, freeze it in a cup and it makes a great desert. Make into frozen pops for the kids. Frozen red and green grapes are an amazing snack too.

Chip Eichelberger GetSwitchedOn.com recipe