

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:

1 scoop of Garden Greens Essential Greens – *Very Berry Flavor better tasting*

(10 Green Foods Including Aloe Vera Gel, Hawaiian Blue-Green Algae, Chlorella, Barley Greens, Wheat Grass, Green Tea, Prebiotic Fibers and Plant Based Enzymes with 14 Vegetables Including Carrots, Tomato, Kale, and Spinach.)

1 tablespoon 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)

1 cup frozen berries/peaches (buy in bulk sizes to save money)

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

½ cup juice – organic if you can get it

½ cup filtered water

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

small handful of spinach (grab some with your fingers – maybe 25 pieces or so)

small handful of kale (grab some with your fingers – maybe 15 pieces or so)

two tablespoons of vanilla yogurt

4" – 6" of a cucumber

I put in all the non frozen items first and pulverize them first. Then add the frozen items. 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.