

Bennett's Smoothie Recipe

Equipment:

Vitamix, Ninja, Nutribullet juicer etc.

Ingredients:

Base: Coconut water or just plain filtered water for morning smoothie and almond milk / Greek yogurt if using a smoothie as a meal replacement

Detoxifiers/ Alkalizers: These help speed up the cleansing process for vital organs like the liver. This is much needed as I tend to slip at lunch with a sandwich and chips here and there.

1 tsp lemon or lime juice (alkalize the body to bring down acidity)

1 tsp Apple Cider Vinegar

1 tsp Spirulina

Veggies: These can be organic frozen greens as flash frozen greens don't lose their nutrients through refrigerated travel. Fresh is fine too but sometimes can go to waste or lose nutrients if they sit in the fridge for too long

Kale or spinach: 1 cup

Rotate two of the following on different days: carrots, cucumbers, beets, tomato (not a huge fan in my smoothies), celery etc. Most people get stuck drinking the exact same smoothie so are missing the benefits that some other veggies have to offer

Fruits: 1 cup of 2 of the following: frozen mixed berries, apple, pear, watermelon rind, banana, honeydew etc. I use only 20 percent of my smoothie as fruit based due to the high amounts of natural sugar. The body does naturally filter sugar from fruits much better than artificial sugar but a little fruit in the form of an apple or mixed berries overtakes the flavor of the greens, which has more benefits.

Roots/ Herbs: Turmeric sits alone as one of my favorites as it is a natural anti-inflammatory. I buy the root at my local grocery store and freeze but there are powders as well. An inflamed system is not good for sleep so turmeric helps immensely. Herbs: Mint or cilantro are my favorites due to their sweetness with basil in third. The sweetness of herbs is great to nullify any remnants or taste of the greens but they are wonderful detoxifiers as well and natural energizers.

Protein: Avocados and vegan protein powders are great additions as well

General rule for smoothie ingredients: Red helps *Circulation*, Orange is an *Anti-Spasmodic*, Yellow helps *Nerves*, Green is a *Blood Purifier*, and Blue is good for *Spirit/ Mind*