

AMANDA SAFFER WELLNESS

NUTRITION SLEEP MINDFULNESS

RECIPE

ASW Smoothie



Ready in **five minutes**

Yields **16 ounces**

Cooking Time **blend until smooth**

Ingredients

- 1 cups of almond milk (unsweetened vanilla is our choice)
- 1/4 cup frozen berries (we usually use a mix of blue, black and raspberry = low glycemic)
- 1/2 banana (frozen if you'd like a smoother consistency)
- 1 scoop of the protein of your choice
- 1 TBSP of chia seeds
- 1 TBSP of hemp seeds
- Handful of spinach or microgreens
- 1 TBSP of almond butter (unsweetened, just raw almond butter, no oils added)
- 1 TSP of green tea matcha (optional- gives you a calm alertness among numerous other health benefits)
- 1/4 cup ice (optional)
- A little water or additional almond milk to thin out (if needed)

Preparation

1. Put all the ingredients in the blender and blend on medium-high for around a minute or until happy with the consistency.
2. The recipe is easy to double if you are feeding more people.

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Tips

The go-to smoothie to get you moving in your day. It is the perfect mixture of fat, fiber, greens, and protein to keep you satiated and satisfied for hours. Not to mention the number of superfoods and antioxidants in this smoothie will help to increase immune function and cognition!

No additional sweeteners are needed if you use a protein that has stevia or monk fruit, but you could add some stevia or honey, just watch your fructose, as the sweetness from the banana and berries is the perfect amount that will help keep this smoothie lower glycemic. The spinach and matcha green tea are unidentifiable, making it an ideal meal for children.

Rule of thumb for a smoothie:

20 grams protein

10 grams fiber

Good fats (almond butter, MCT oil, avocado)

Handful of greens