

GREEN GODDESS SHAKE



Having more nutrient-dense liquids such as hearty shakes really can give us energy!

It takes a significant amount of energy to break down foods in our stomach and gut, so reducing the energy expense by having a good blended meal per day, such as a shake or blended soup, can give us more energy!

This power-packed shake will keep you satisfied for hours. Its low sugar and high protein content make it a perfect post-workout shake.

Garnishing with a mixture of nuts and coconut adds crunch and zing!

Check out my recipe below for some nutrient-dense ideas. Try other ingredients too such as frozen greens, beets, roasted pumpkin, frozen cherries, etc. Experiment!

See your shake as a beautiful canvas and nourish your body!

Total Time: 10 minutes

Yield: 16 to 20 ounces, depending on addition of ice cubes

INGREDIENTS

- 8 ounces non-dairy unsweetened milk
- 1 scoop or serving protein powder (unflavored or vanilla)
- ½ medium avocado or 2 to 3 teaspoons sunflower seed butter, walnut butter or almond butter
- 2 cups chopped kale or spinach leaves
- 4 to 7 drops liquid stevia (4 if using spinach, 7 if using kale)
- pinch of high-mineral sea salt\
- 6 ice cubes
- **Optional Toppings and Garnishes:**
 - 3 tablespoons chopped macadamia nuts, almonds, walnuts, or unsweetened coconut strips
 - ¼ avocado cut in cubes

DIRECTIONS

1. Place all ingredients (nut milk through ice) in a blender. Start on low speed, and increase to high speed for 50 to 70 seconds until well mixed. Add 1 to 2 tablespoons of water if necessary to blend more easily.
2. Garnish with chopped nuts, coconut and avocado if desired.