

Green Superfood Smoothie



This wonderful tasting Superfood Smoothie is sure to transform your morning, it's a favorite of the team members at Food Matters! Take it first thing after drinking plenty of water and before any solids. Try this for a week and see your life explode with energy! This recipe makes 2-3 glasses

Step 1: The Milk

- Soak a small handful of raw organic almonds overnight and in the morning throw them into the blender with 2 cups of water
- Blend on high speed until the almonds have been completely broken up and the water will turn into white frothy milk (yum)

Step 2: The Smoothie

Add in the following ingredients to the Almond Milk:

- **1 small avocado or 1 banana or half of each**
- **1 heaping tablespoon of Barley Grass or Wheat Grass Powder**
- **1 tablespoon of Raw Honey or Agave Nectar**
- **1 tablespoon of Bee Pollen**
- **1 tablespoon of Raw Cacao Powder**
- **1 tablespoon of Maca Powder**
- **1 tablespoon of Chia Seeds or Hemp Seed Protein Powder**
- **1 cup of ice**

Blend it all up and drink immediately!