

My Ultimate Smoothie Recipes

TNP's Ultimate Blueberry Smoothie

Ingredients:

Serving size (1-2)

- 1-2 cups of water
- ½ cup frozen wild blueberries
- ½ frozen banana
- 1 handful of spinach or desired dark leafy green
- 2 tbsp of [flaxseed meal](#)
- 1 tbsp [almond butter or seed butter](#)
- Sprinkle of cinnamon
- 1 scoop of plant-based protein powder. [Four Sigmatic](#) and [Truani](#) are great protein powders to look into.

Directions:

- In a high-speed blender, blend all ingredients until smooth. Add water if a thinner consistency is desired. Enjoy!

Tips:

- Make sure all ingredients are organic, if possible :)
- If not using [Four Sigmatic](#), add 1 tbsp of chia seeds, flax meal, and hempseeds to add plant diversity.

Recipe by: The Nourishing Plate

My Ultimate Detox Smoothie Recipes

Heavy Metal Detox Smoothie

Ingredients:

Serving size (1-2)

- 1 ½ frozen bananas
- 2 cups wild blueberries
- 1 cup cilantro
- 1 tsp [barley grass juice powder](#)
- 1 tsp [spirulina](#)
- 1 tbsp of [Atlantic dulse](#)
- 1-2 cups of water, coconut water,
- Optional - a dash of fresh orange juice to blend



Optional*

- 1 scoop of plant-based protein powder. [Four Sigmatic](#) and [TruVani](#) are great protein powders to look into.

Directions:

- In a high-speed blender, blend all ingredients until smooth. Add water if a thinner consistency is desired. Enjoy!

Tip:

- Click [here](#) for a blend of barley grass juice powder and spirulina.

Recipe by: The Nourishing Plate