



# Smoothies

Base	Fruit	Protein	Sweetener	Extras
Almond milk	Banana	Ground nuts	Honey	Flax oil
Soy milk	Berries	Soft tofu	Maple syrup	Raw cocoa powder
Rice milk	Any fresh fruit or greens	Yogurt	Agave nectar	Vanilla/spices
Mineral water	Frozen fruit	Any nut butter	Stevia	Maca powder
Herbal teas	Cooked dried fruit	Hemp powder	Fruit juice	Goji berries

**Mix together in a blender or food processor:**

**2 cups**      **Base**  
**1 cup**        **Fruit**  
**1/4 cup**      **Protein**  
**Sweetener**   **To taste**  
**1-2 tbsp**    **Extras, if desired**

**Blend until smooth. Makes about 1 litre.**

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