



Body By Mj Recipes

BREAKFAST BOOSTER SMOOTHIE

[1 serving]

Here's what you need:

- 1/2 cup Blueberries
- 1/2 cup Raspberries
- 1/4-1/2 cup Pineapple
- 3-4 Cherries
- 1/2 cup Almond Milk
- 1/2 cup Water
- 1-2 handfuls of Spinach
- 1-2 Kale leaves
- 1 scoop of Plant-based Protein powder
- 1 Tbsp ground Flaxseed
- 2 Tbsp Hemp Hearts
- 1-2 Tbsp Chia Seeds
- 1/2 Banana (optional)
- 1/4-1/2 cup ground Oatmeal (optional)

Directions:

- If choosing to add oatmeal, blend Oatmeal to a powder and set aside.
- Blend Flaxseed to a powder.
- Set oatmeal, flaxseed and protein powder aside in a bowl.
- In large cup add spinach and kale, then pour almond milk over greens.
- Add Blueberries, Raspberries, Pineapple and Cherries (if I use frozen cherries, I microwave them for 30 seconds then pour over the rest of the fruit in large cup).
- Mix blueberries, raspberries, banana, pineapple, almond milk, and water until blended. Add protein powder, oatmeal, hemp, chia seeds and flaxseed.
- Add water to fill line and blend well. Continue to add water to desired consistency. Pour into glass or mug.

BONUS TIPS:

- I simply love my **NUTRIBULLET** for this smoothie. It blends everything like nothing else.
- Blend the basics (fruit, greens, water, and almond milk) and freeze it in an ice tray to use in the morning if you are in a hurry. In the morning, blend the smoothie cubes, add the oats, flaxseed, hemp, chia seeds, and protein, pour into a travel mug, and out the door, you go.