

# Powerful Vegan Superfood Smoothie

## Recipe 4.0 - Guru Habits

### Ingredients (1-2 servings)

- 1 tablespoon frozen kale.
- 1 tablespoon frozen spinach.
- 1 tablespoon frozen shelled edamame (Young soybean. To boost protein.)
- 1 frozen broccoli crown.
- 1 frozen cauliflower crown.
- 1 tablespoon frozen carrots.
- 1/2 frozen banana. (I cut and freeze them.)
- 1 chunk of frozen mango.
- 1/3 cup frozen berries. (I use blueberries, blackberries, strawberries, and dark cherries.)
- 1/4 frozen apple. (I cut and freeze them.)
- 1/8 frozen navel orange with peel. (I cut and freeze them. Peel has many health benefits and it adds a hint of the fruit's favor.)
- 1 frozen cherry or grape tomato. (I freeze them.)
- 1 teaspoon unsalted walnuts. (I store in freezer.)
- 1 teaspoon unsalted almonds. (I store in freezer.)
- 1/2 teaspoon whole grain rolled oats (raw, uncooked).
- 1/4 teaspoon psyllium husk (fiber). (I used powdered and store in freezer.)
- 1/4 teaspoon hemp heart seeds. (I store in freezer.)
- 1/4 teaspoon chia seeds. (I store in freezer.)
- 1/4 teaspoon flax seed meal. (I store in freezer.)
- 1 dash cinnamon powder.
- 1 dash turmeric powder.
- 1 dash cayenne pepper powder.
- Fill with cold purified water until ingredients are covered.

### Optional more expensive superfood ingredients.

- 1/4 teaspoon spirulina powder.
- 1/4 teaspoon chlorella powder.
- 1/4 teaspoon cacao (taste like very, very dark chocolate).
- 1/3 cup acai, goji, and maqui berries.

Review this article, "Vitamin Supplements: Requires Little, Gives a Lot," for more information on supplement ingredients.

**Warning:** Never include fruit pits, as many contain harmful chemicals.

### Equipment

- Blender. (Recommend using a powerful blender that pulverizes all the ingredients. I have a beautiful, state-of-the-art O Pro Blender. I love it.)
- Cutting board. (Article: Best Cutting Boards.)
- Multi-purpose kitchen knife.

## **Preparation (5-7 minutes)**

- Add all the ingredients to your blender in the order listed except the water. Give the frozen ingredients 20-40 minutes to defrost before adding the water.
- Add the cold purified water last. To prevent spitting, leave about 2" empty at the top of the jar. I put a washcloth over the cover to make sure.
- If equipped, select the "smoothie" program. I run it 3 times. If not equipped, pulse for about 15-30 seconds and do it about 3 times. Let the ingredients settle between pulses so that everything gets chopped up and blended. Refer to your blender's manual for best method.
- Exact measurement of each ingredient is not required. If there are ingredients that you like or don't like, increase, reduce, or eliminate them.

To your health and fitness,

Guru Habits