

Very Berry Smoothie

Makes 2 Servings

Ingredients

2 large handfuls (2 – 3 cups) baby spinach* (Detox vegetable)
1 cup blueberries* – fresh or frozen (Detox fruit)
1 cup blackberries – fresh or frozen (Detox fruit)
1 cup raspberries – fresh or frozen (Detox fruit)
¼ cup unsweetened pineapple tidbits – fresh or frozen (Detox fruit)
6 – 8 pitted cherries – fresh or frozen (Detox fruit)
1 pitted date
½ banana
¼ - ½ cup water or 4 – 6 ice cubes
2 – 3 scoops whey protein isolate or 100% pea protein powder
(48 gm total protein) – (Detox amino acids)

Directions

1. Place spinach in bottom of blender container.
2. Layer all fruits on top of spinach.
3. Add water or ice and blend until smooth (1 – 3 minutes depending on your blender.) **
4. Add protein powder and blend for 1 more minute until smooth.

Nutrition Information per Serving: Calories: 282, Total Fat: 1gm, Saturated Fat: 0gm, Trans Fat: 0gm, Cholesterol: 0mg, Carbs: 47gm, Fiber: 11gm, Protein: 27gm, Sodium: 46-300mg (varies between protein powder brands)

* Buy organic when possible.

** If using frozen fruit, add water. If using fresh fruit, add ice cubes. Both will provide a frozen-type smoothie. If you prefer a non-frozen smoothie, use water.

