



Blueberry Power Smoothie

What makes this so powerful...

Hemp and chia seeds give us Omega 3 fatty acids, fiber, calcium and complete protein. Maca is an adaptogen, great for supporting the adrenals. Berries are high in antioxidants, Vitamin C, potassium, magnesium and fresh enzymes. The romaine has vitamin C, A, K and folate.

2-3 servings

1 cup frozen wild blueberries
2 Tb chia seeds soaked in 1 cup water for 30 minutes (or overnight)
2 Tb hemp seeds
2 tsp maca powder
2 handfuls of spinach
1 cup almond milk
¼ tsp vanilla
Pinch of stevia

Put all ingredients into a blender. Blend until smooth.

You can have half for breakfast and refrigerate the rest for later in the day as a snack