

Alkaline Blueberry Smoothie

This smoothie is easy to make with only a few ingredients. The spinach and celery in this smoothie are 2 of the top 5 alkaline foods. Flaxseeds are a great source of omega-3 fatty acids and hugely beneficial for hormonal balance particularly in relation to detoxing estrogen. I usually switch between flax and chia as each one has unique properties. I keep frozen blueberries in my freezer to have on hand for smoothies but this recipe will work with any berries.

2 servings

2 Tb ground flax seeds soaked in 1 cup of water for 30 minutes*

1 ½ cup frozen organic blueberries**

2 large handfuls of baby spinach (romaine, chard or kale)

2 stalks celery, chopped

½ cup hemp or almond milk

Stevia to taste (optional)

Put all the ingredients into a high-speed blender. Blend until smooth. Add more water if you like it a little thinner. I like it thick.

*You can use chia seeds instead either is fine

**Fresh berries will also work.