

## Strawberry Breakfast Smoothie

This perfect smoothie contains protein, fat, fiber, and carbohydrates that will keep metabolism humming and provide blood sugar balance. There is a green banana instead of a ripe banana here to provide you with resistant starch, a type of starch that isn't fully broken down or absorbed, which makes it a natural fat burner that can also stimulate blood flow to the colon, inhibit the growth of bad bacteria, and help us to absorb more minerals. The addition of beets helps thin the bile and cleanse the liver.

Makes: 1 serving

10 ounces unsweetened almond, coconut, hemp milk or water

1 cup frozen strawberries

1/2 green (unripe) banana

1/2 small beet

1 large handful kale (de-stemmed), spinach or romaine

1 teaspoon coconut oil

1 full serving (1-2 scoops) of hemp or collagen protein powder

1 tablespoon ground flax seeds

- Blend all ingredients until smooth