

Bob's Morning Smoothie Recipes

load blender in approximately the order of listed ingredients

Smoothie Mix: easier if you pre-blend and store in a sealed glass jar

2 2/3 cups Vita-Mineral Earth*	2c ground hemp seeds (grind in coffee grinder)
1 1/3 cup Vita-Mineral Green*	4 cups ground flax seeds
4 cups Warrior Food (natural)*	1 cup dried, powdered maca

*available at QuietStar store (online, too), local natural foods stores and at www.healthforce.com

Bob's 2012 Smoothie: designed for a Vita-Mix/High Speed Blender

If using household blender, grind dried fruit and ginger and juice lemon

¼ cup smoothie mix (above)
1 Banana
1 Apple, including as many seeds as I can extract from the core
1/2 cup frozen fruit
6-7 dried goji berries (grind first if you have a regular blender)
½ lemon
2 thin slices of fresh ginger
1 cup water (more, if too thick)
1-2 cups mixed greens (kale, collard greens, turnip greens, spinach, swiss chard, lettuce, etc.)

Elaina's version: increase frozen fruit to one cup, delete goji berries and apple, use dino kale or spinach for the greens.

Bob's 2008 Smoothie

1 Banana
1 Apple, including as many seeds as I can extract from the core
1 cup frozen fruit
2 heaping tablespoons frozen organic blueberries
4 Tbsp almond meal
1 Tbsp organic molasses
1 tsp bee pollen
½ tsp Lecithin
½ tsp hemp seed, ground
¼ tsp maca powder
6-7 dried goji berries (grind first if you have a regular blender)
1 cup water (more if too thick)
1-2 cups mixed greens (kale, collard greens, turnip greens, spinach, swiss chard, lettuce, etc.)

A little agave can be added for sweetener if desired.

