



SPRING SMOOTHIES

☺ Good Morning, Smoothie ☺

½-1 cup whole milk plain, organic yogurt (7 Stars Farm or Trader's Point)
and/or

½-1 cup whole coconut milk (Thai Kitchen)

½-1 cup frozen berries

1 frozen banana

½-1 avocado

1-2 raw eggs from pastured (or at least free-range organic) chickens

1-2 Tablespoons flax seeds, ground

Place all ingredients, except flax, in blender and mix until desired consistency is reached. Pour into a wine glass and top with freshly ground flax seeds.

☺ Good Afternoon, Smoothie ☺

1 cup cold filtered water

1 frozen banana

1-2 raw eggs

1 teaspoon fish or cod liver oil (Nordic Natural's peach or Carlson's lemon)

1 scoop green super food (New Chapter's Berry Green Powder)

Place all ingredients in blender and mix until desired consistency is reached.

For variations on either smoothie

Add 1 teaspoon-1 Tablespoon coconut oil

Substitute fruit or banana with Sambazon's Acai (pronounced ah-sigh-ee; found in the frozen foods section at Whole Foods)

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**A little bit about flax seeds...** Tiny, shiny, oval-shaped golden to brown in color, flax seeds are a nutritional powerhouse! They offer essential fatty acids and a mucilaginous fiber that soothes and moves the digestive tract. Flax seeds must be ground to release their nutrition. It is important to recognize that heat, light, and oxygen damage fats and that Mother Nature protects these fats for us in seeds with their hard outer covering, in nuts with their shells, even the yolk of an egg with its shell. Therefore, due to the fragile nature of the nutrition in flax seeds, they are best purchased whole and stored in the freezer. When you are ready, grind 1-2 Tablespoons of the seeds in a coffee grinder, designated for this purpose only. You may purchase pre-ground flax at the grocery store, but please recognize that while better than no flax at all, this is an inferior product. Flax seeds are also nice added to salads, oatmeal, and yogurt, but for the previous reasons described, do not heat or cook them.