

Dr. Victor's Protein Smoothie Recipe ☺

1. Protein Smoothie Base

In a blender combine the following ingredients in this order (to prevent sticking):

- 1 1/2 - cups water or milk unsweetened (coconut, almond)
- **Frozen Fruit (see modifications)**
- 1 serving protein powder (pea, whey, egg – at least 15-20g, >5g sugar)
- 2 tablespoons ground seeds (follow lunar cycle – flax, chia, pumpkin, sunflower)
- Handful of spinach or kale (you won't taste it, just adds nutrients; buy it pre-washed)
- Healthy Fat - 1 tablespoon coconut oil, nut butter or half of an avocado are nice to thicken if desired.

Blend until smooth. ☺

Modifications

2. Almond-Banana Protein Smoothie (could also do peanut for now, but not during pregnancy)

In a blender combine the following ingredients:

- Protein smoothie base
- **1 teaspoon vanilla extract**
- **1/8 teaspoon cinnamon or cardamom or apple pie spice**
- **1/2 ripe banana**
- **1-1 1/2 tablespoons of almond butter (creamy, unsalted)**

3. Cherry Protein Smoothie

In a blender combine the following ingredients:

- Protein smoothie base
- **1 teaspoon minced ginger root or 1/3 teaspoon dried ginger**
- **1 cup fresh or frozen pitted cherries**

4. Blueberry Protein Smoothie

In a blender combine the following ingredients:

- Protein smoothie base
- **1 teaspoon vanilla extract**
- **1 teaspoon minced ginger root or cinnamon or 1/3 teaspoon dried ginger**
- **1 cup fresh or frozen blueberries**