



MORNING ENERGY BLAST SMOOTHIE

(Apple–kiwi–pineapple–leafy greens–coconut oil smoothie)

Want to give yourself a morning energy blast? No time for breakfast? Then green up your insides and toss all these ingredients into your blender (add/subtract what you have at home) to make this delicious smoothie.



Recipe serves 1

INGREDIENTS:

A handful greens (Spinach, Baby Kale, Chard or whatever you have at home)

½ cup Pineapple

1 Kiwi

1 Apple (Green is the sharpest. Red or yellow are sweeter)

1 cup coconut water (or use regular water)

1-2 tbsp. raw virgin coconut oil

TAKE IT UP A NOTCH

A smoothie provides complete nutrition when it is rich in protein.

Adding a Superfood such as Spirulina will give you 4 grams of protein per teaspoon as well as Vitamin B12, iron and Vitamin A.

Start with ½ a teaspoon and work it up slowly as you get used to the taste and the cleansing effect it has on your body.

Do you want to add in more healthy habits to your day-to-day?

Are you on the right track yet have some health related questions you need answered?



Are you on the right track but don't want to go at it alone?
Are you ready to make changes, and don't know where to start?
Let's chat about how health coaching can help you!
Schedule your free discovery chat with me <http://healthytude.org/free-consultation/>

Courtesy of HEALTHYTUDE! A healthy attitude IS contagious;)