



PURA VIDA HEALTHCARE  
*Your Mind-Body Connection*

## Smoothies

Smoothies are a great way to get in a lot of nutrition and food groups, yet it can be a quick and easy breakfast or snack. There is no “wrong” way to make a smoothie – be creative, have fun and try out your own ideas. Here is a list of ingredients to choose from – feel free to mix and match. Play around with various combinations until you find some of your favorites (like milk, cacao powder, banana and peanut butter with udo’s oil and pinch of sea salt. Yum!!).

Choose one or more of the following fiber sources

- Chia
- Flax seeds
- Hemp seeds
- Leafy Greens
- Raw nuts/seeds
- Shredded, unsweetened coconut
- Cacao Powder

Choose one or more of the following proteins

- Almond/Peanut Butter
- Peas (fresh/frozen)
- Rice or Pea Protein Powder
- Plain Yogurt

Chose one or more of the following fruits

- Apple (whole, sliced, with core and seeds)
- Pear (whole, sliced, with core and seeds)
- Oranges/clementines/grapefruits (peeled, with seeds)
- Berries
- Banana
- Grapes
- Pineapple
- Peaches

Chose a base

- Water
- Coconut Water
- Splash of fruit juice (not whole base)
- Milk or milk alternative
- Herbal Tea

Chose herbs to add

- Turmeric
- Ginger
- Cayenne
- Cinnamon
- Sea Salt

Chose oil to add

- Flax
- Udo’s
- Coconut
- Olive

Choose one or more of the following gut healers

- Collagen
- Gelatin
- Probiotics
- Fermented food
- Bone Broth

In season, gather herbs (weeds) from your yard or other non-pesticided area

- Dandelion (leaf and/or root)
- Mallow leaf and stem (chickweed)
- Lamb’s quarter (leaf and stem)
- Burdock leaf