

Pumpkin Spice Smoothie

- 2 cups water, coconut water or coconut milk
- 2 handfuls of organic spinach
- 1 handful organic Romaine lettuce
- 1 celery stalk-chopped
- 4 scoops SP Complete, or equivalent for 2 smoothies
- 4 scoops Whey protein (optional)
- 1 Tbsp of healthy oil (flax, borage, olive, sesame or coconut)

The following ingredients can be precut and stored in lemon juice or frozen:

- 1 organic apple-cored and sliced
- 1 organic pear-cored and sliced
- 1/2 Banana (Optional)
- 2 Tablespoons fresh lemon juice

Blend vegetables until mixed. Add rest of ingredients. Mix well. This will make 3-4 pint jars. Variety is best! Use this as a base recipe and trade out the greens /fruit. Be creative but stay away from the melons.

Tips

- *Coconut oil will harden and be chunky if added to a cold smoothie, so add before the frozen ingredients.
- *Bananas can be frozen for easy use by peeling, breaking in half and packaging in Ziploc bags.
- *Apples and Pears can be pre-cut and stored fresh for a day or 2, or frozen in portion sizes, if coated with lemon juice.
- *The oil makes the smoothie healthier, creamier and more satisfying.
- *Avocado acts like the oil, and can also be frozen with lemon.
- *Do not store smoothie for more than a day, the fresh ingredients deteriorate.