# BERRY GREEN PROTEIN SMOOTHIE

This smoothie is both tasty and healthy and perfect for breakfast.

## INGREDIENTS

1 cup of fresh spinach (or kale)
1 /2 cup blueberries or blackberries
1 /2 frozen banana (optional)
1 Tbsp ground flax meal (or chia seeds)
1 Tbsp plant-based protein powder (pea, hemp, soy protein*)
3/4 cup almond milk
1/4 of a fresh cucumber (trust me)

## DIRECTIONS

Place dark leafy greens in your blender along with the almond milk and pulse then blend for a minute to thoroughly chop up the greens.

Add frozen banana and blend tor 30 seconds

Add the rest of your ingredients and blend until the substance is creamy and smooth

If your smoothie is too thick to drink you could add a bit more almond milk, or a Tbsp filtered water


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## ABOUT DEBORAH

Deborah is a plant-based Holistic health coach, juice bar owner, entrepreneur, author and artist living and working between Brooklyn, NY and the Catskills mountains. She is a graduate of the Institute for Integrative Nutrition and an Associate of the Culinary Business school at the Institute for Culinary Education located in NYC. Deborah has owned and operated her vegan catering company, Green Pirate Juice, since 2007, and has had the privilege of serving fresh and healthy food options to thousands of New Yorkers.

Deborah has published a recipe book, Green Pirate Recipes: Volume 1 Juices, and a popular online course, Green Smoothies 101, which offers comprehensive lessons on how to incorporate more fresh fruits and vegetables into your daily diet by making green smoothies.

Deborah has a private 1:1 coaching business for clients seeking to improve their health and wellness through diet, lifestyle and simple plant-based recipes and in January of 2022, she is launching Plant Powered Kitchen, a brand new live, interactive online cooking course to teach the fundamentals of plant-based nutrition. This course will cover basic nutrition, kitchen equipment, cooking methods, shopping, planning, prepping, scheduling meals and of course, delicious plant-based recipes!

Connect with Deborah:


*Guest Holistic Health Coach*
**Deborah C. Smith**

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