

Dr. Nadeau's Smoothie Recipe

Blueberries

Banana

Vanilla unsweetened almond milk- enough to cover blueberries

7 almonds for luck

Unsweetened coconut flakes- small handful

One scoop protein powder, i.e Natures Plus Energy or SunWarrior (SunWarrior available at Mothers and on-line)

Handful of Spinach (optional)

Half teaspoon Stevia (optional)

Small handful of raw cocoa nibs or cocoa beans

Trader Joe's roasted flax seed 1-2 Tablespoons

