

Fruit Smoothie

I also wing this one, but here's what I usually include:

1/4-1/2 cup coconut milk (unsweetened, no flavor) or water

1-2 tablespoons chia seeds (can also use hemp seeds or flax)

2 scoops vanilla plant based protein powder or honey

Handful of wheat grass if I have it, or kale, or spinach

2-4 cups fresh or frozen fruit - banana, blueberries, strawberries, blackberries, raspberries, mango. If I use all fresh fruit I add some ice to make it more like shake consistency.