

GOOD SAINT

Hormone-Balancing Strawberry Maca Smoothie

INGREDIENTS

1 1/2 cups coconut water or unsweetened almond milk
1 frozen banana
1-2 cups fresh spinach
1 1/2 cups frozen (or fresh!) strawberries
1-2 teaspoons maca root powder
3-4 drops vanilla stevia (optional)

OPTIONAL ADD-IN'S

1 tablespoon flax powder
1 tablespoon chia seeds
1 tablespoon psyllium husk
1 tablespoon coconut or nut butter
maple syrup, honey or agave

DIRECTIONS

Toss it all in a high-speed blender (we use a Vitamix) and blend until it is smooooooth. Then pour it in a large glass - or two - and enjoy!

NOTES

Serves 2.

Sub in what you need or what you've got to suit your preferences!

If you use coconut water, the smoothie will be a bit lighter, whereas using almond milk will result in a thicker, creamier smoothie. I like them both!

