

GOOD SAINT

PB + J Smoothie

INGREDIENTS

1 1/2 cups coconut water or unsweetened almond milk
1 frozen banana
1 cup frozen strawberries
1/2 cup frozen blueberries
1-2 cups fresh spinach
1 tablespoon peanut butter
1 tablespoon ground flax
1 tablespoon psyllium husk
1-3 teaspoons MCT coconut oil (optional - just what I add into mine for some healthy fats)

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 and enjoy!

NOTES

Serves 2.

Sub in what you need or what you've got to suit your preferences. Fresh fruit works great, but you may need to add some ice to get it nice and creamy.

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, but I actually prefer it with coconut water!

