



Power-Packed Breakfast Smoothie

From: farragio

Website: farragio.com/blog/power-packed-breakfast-smoothie

Servings: 2

INGREDIENTS

1 cup water

1/2 fresh avocado

1 cup chopped kale (frozen or fresh) **[one of the most nutrient-rich vegetables on the planet!]**

1/2 cup plain Greek yogurt

1/2 cup pureed pumpkin (either canned or fresh) **[gives energy and helps relieve inflammation]**

1/2 cup pomegranate juice **[aids digestion]**

1/2 cup kefir milk (or milk of choice)

1/2 cup frozen berries (blueberries, strawberries, etc)

1/4 cup liquid egg whites (or 3 tablespoons)

1 scoop pea or vegan protein powder

2 tablespoon unsweetened cocoa powder **[helps cognitive function]**

2 teaspoons ground turmeric **[helps relieve inflammation]**

1 teaspoon ground ginger **[helps the body absorb the turmeric; boosts immune system]**

1 teaspoon ground cinnamon **[helps control blood sugar and cholesterol]**

1/4 teaspoon ground black pepper **[helps the body absorb the turmeric]**

DIRECTIONS

Place all ingredients into blender or large smoothie maker and blend until smooth then pour into glass and serve.

farragio HINT:

I serve ours in large wine glasses. It's a special touch that makes starting a busy day just a little bit nicer.

Enjoy!