

"Sour Sea Berry"

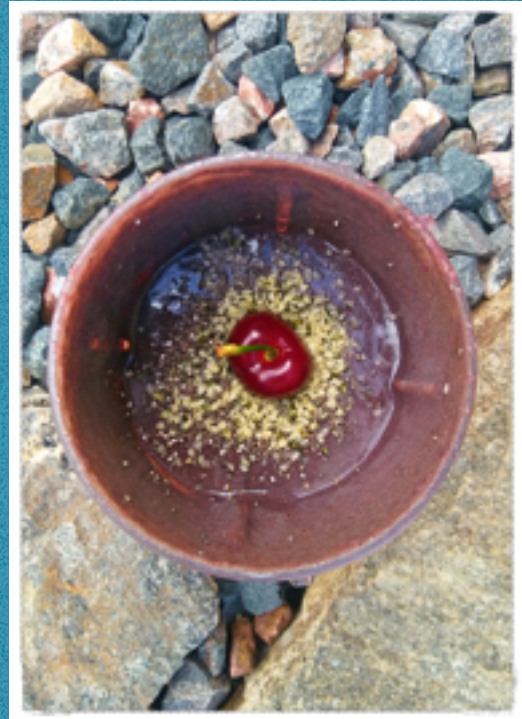
Superfood Smoothie for Hair Growth

Vegan, Vegetarian, Paleo, GF, Dairy-free

prep: 5 min | cook: 0 min(1-2 min blending) | serves: 1

author: sustainthemane

- ≈ 1 c frozen blueberries or mixed berries
- ≈ 1/2 c frozen spinach
- ≈ 1/2 c freshly made almond milk*
- ≈ 1/4 c almond butter
- ≈ 1/4 c frozen amla chunks
- 1 small or medium ripe banana
- 7 fresh cherries, pitted*
- 1 heaping spoon spirulina powder
- 1-2 tbl coconut oil
- 1 tbl chia seeds for topping
- 1-2 tbl hemp seeds for topping



Optional: +1 or 2 dates if banana isn't ripe enough, splash vanilla extract , ≈ 1 tbl maca powder, water for thinner consistency

Instructions:

1. Blend all ingredients except chia seeds & hemp seeds in a nutri-bullet or blender, adding liquid as necessary.
2. Top with hemp seeds, chia seeds & an extra cherry! Enjoy!

***substitute** handful of almonds + 1/2 c water for almond milk & omit almond butter – or – use coconut milk in place of almond milk; one big squirt of tart cherry concentrate for fresh cherries

All organic, local, farm fresh or homemade ingredients wherever possible
Recipe measurements are round about. Use your judgement on taste & additive options.