

Get Switched On! – Morning/Afternoon Smoothie

Starting the day off right is critical to maximize your energy for the day. I have consumed this for over 25 years and my weight has not varied at all! It can work great as a meal replacement and makes you regular as heck! ☺. The National Cancer Institute recommends men need 9 servings of fruits/vegetables a day and 7 servings for women. **IF you do not drink a recipe like this, I do not know how you are able to do that!** I use a **Vitamix** blender that can pulverize almost anything. There is always a good deal at Costco on them.

You can of course improvise on this recipe – this is enough for 2 people or a lot for you. You can also make this the night before and have ready for the am! The amount you make will vary depending on how much of each item you include. Have fun and experiment to keep it interesting.

**Keep the smoothies as LOW SUGAR as you can handle.
Adjust using LESS frozen fruit to achieve that!**

Liquid - 2 cups or 18oz. liquid base – Filtered water can add some (few ounces) Coconut water or POM or a full orange or some watermelon for taste.

Superfood – *Laird Daily Greens (my choice)* or Organifi green or Dr. Schulze's Super Food or AG1

Protein - 1 scoop collagen peptides or plant-based protein (e.g., Organic Super Foods Vanilla Bean)
1 tablespoon **Udo's Oil 3-6-9 Blend**

Probiotics: 1/4 cup plain kefir or 1 tsp fermented beet powder

Greens: Big handful of organic **spinach** (30 – 40 pieces or so), 3 full size leaves of organic **kale**
Usually about 12" + long (Our lab Cooper loves to eat the kale stalks!), handful broccoli sprouts

Veggies: - **Add what you like** – avocado, carrots, cucumber, or tomatoes – I love FRESH MINT!

Bonus Items: 1 tbsp of ground flaxseeds or chia seed, 1/2 tsp of ashwagandha or maca powder. 1
tbsp of pumpkin seeds, tsp fermented beet powder or a probiotic capsule (opened into the mix)

NOTE: Buy organic bags of prewashed kale/spinach/collard greens. You can FREEZE GREENS!

Add some frozen fruit for taste and to make it like a shake. OPTIONS > bananas, **blueberries make it more purple and less green**, peaches, cherries, mango, coconut, pineapple etc. (I buy in bulk at Costco) I do not add ALL those kinds of fruit! Choose 3 and mix it up. I rarely use blackberries because of the small seeds. Buy the BAG of ripe bananas. Cut, put in Ziplock bag and **FREEZE**.

I put in all the non-frozen items first and liquefy them. Then add the other frozen items, ideally not all at the same time. This **small investment per serving** will be a great investment in your health and vitality long term! It is very expensive to get sick! You are worth it! The smoothie is very easy to make, and it is VERY easy NOT to make it. **Keep it green and low sugar!**

Remember you are your #1 asset! Watch the **original vide** of me making it – YouTube.
Chip Eichelberger Get Switched On Smoothie. My son was 11 then is now 25!



Chip Eichelberger

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