

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 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.

IF you drink this often, your life will be much better when you are 70, 80, 90 or 100!

Liquid - 2 cups liquid base – Use filtered water can add some (few ounces) Coconut water or POM or OJ or *SUJA Uber Greens* or a full orange or watermelon for taste.

1 scoop – **Laird Super Food** or **Organifi green** or **Dr. Schulze's Super Food** or **Athletic Greens**

OPTION for a meal replacement – add Scoop of Organic **Protein Powder** or organic rolled oats

1 tablespoon **Udo's Oil 3-6-9 Blend**

Big handful of **spinach** (grab some with your fingers – maybe 30 - 40+ pieces or so)

3 full size leaves of **kale** Usually about 12"+ long (Our lab Cooper loves to eat the kale stalks!)

NOTE: *some stores sell a large resealable containers of prewashed kale/spinach/collard 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 at the store, cut and put in Ziplock bag.*



Optional - Add what you like - carrots, cucumber, or tomatoes etc.

One tablespoon of vanilla **yogurt** (I use Chobani) to your taste – optional

I like to add fresh **mint** – 8-12 leaves is perfect! We grow it all year round.

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 22!

Chip Eichelberger

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Text 'Chip' to 66866 - Subscribe to my list & get free support.