

Recipe Name **My Morning Smoothie**

My typical morning smoothie consists of the following:

10 oz. of non-dairy organic milk

2 oz. of cold brew coffee (make your own or buy. Here is my [favorite](#))

2 Tbsp. ground flax seeds

1 Tbsp. resistant starch ([green banana powder](#))*

Protein (Pea protein and/or organic grass fed collagen for me)

Greens (frozen organic spinach, fresh organic greens or [powdered organic greens](#))

Sweetener (1/3 frozen banana, 1-2 pitted dates or 1 Tbsp. honey)

Fruit - I aim for about 1 cup of fruit (sometimes a little bit more) usually frozen organic blueberries and/or black cherries