

# Cornerstone Chiropractic

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## Wellness Smoothie

### Ingredients:

Strawberries - frozen (organic)  
Blueberries - frozen (organic)  
Peaches - frozen pre-sliced (organic)  
Apple – ½ sliced (organic)  
Banana (organic)

Baby Carrots - (4) (organic)  
Cherry Tomatoes - (4) (organic)  
Baby Spinach – 1 handful (organic)  
Kale – 2 or 3 leaves (organic)  
Bean Sprouts – a small pinch (organic)  
Bok Choy or Watercress – a few pieces (organic)

1 cup of almond or rice milk – unsweetened  
1 scoop of the “Greens First Veggies” powder  
1 scoop of the “Greens First Berries” powder  
1 scoop of “Renewal Greens” powder  
1 scoop of “Dream Protein (whey)” powder or “Clinical Metacore (hemp)” protein powder  
1 TBSP ground flax seed

Add some water and/or ice for consistency.

Blend. (We use a Vitamix blender, but any high speed, high quality blender will work.)

You may have to experiment with the above ingredients for individual taste and volume.

We recommend organic when possible or locally grown fruits and vegetables.

Any combination of fruits and vegetables will work.