

# Get-Up & Go Breakfast Drink



< 15 min



1 serving



## Ingredients

- ¼ cup non-dairy milk (almond, hazelnut, hemp, rice)
- 1 cup water
- ½ large ripe avocado
- ¼ cup blueberries
- 2-3 Tbsp protein powder (preferably pea or bone broth; rice is acceptable for those with no sensitivities)
- 1 Tbsp chia gel (see GHS Basics)
- ¼ cup coconut yogurt (or coconut milk)
- 1 tsp fresh grated ginger
- 1 tsp fresh grated turmeric
- ½ tsp cinnamon
- ¼ tsp vanilla
- ½ tsp lime juice
- 1 tsp Reishi mushroom powder
- 1 tsp Cordyceps mushroom powder
- 1 tsp maca powder
- 2 cups mixed greens (spinach, kale, chard, collard greens, arugula, etc.)

## Preparation

Blend all the ingredients together. Serve and Enjoy!

\*For more immune boost if you are recovering from gut health issues or a serious illness that has depleted your immune system, substitute the water with my Live-Strong tea, see GHS Basics)



This wake-up smoothie is packed with fresh super foods that will give you a lift all morning long... and support gut and immune health!

- Protein (chia seeds, nut milk)
- Medium chain fatty acids (coconut yogurt/milk)
- Anti-inflammatory (turmeric, mushrooms, blueberries, ginger)
- Glucose balance (cinnamon)
- Vitamins, minerals & fiber (avocado, green leafy vegetables)
- Energy boost (maca)