

# UC-VEG

## Umpqua Community Veg Education Group

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# Dr. Beery's Smoothie

## Ingredients:

- 2 handfuls of leafy greens (spinach, kale, chard...)
- 1 carrot, cucumber, beet or other vegetable
- Banana, apple, peach or other fresh fruit
- 1 cup frozen fruit (blueberries, cherries, strawberries, mangoes...)
- 2 Tbsp. flaxseed or flax meal
- 1 cup or more as needed of plant milk or water
- 2-4 Dates for sweetening

Optional: ¼- ½ lemon or lime, ginger root, turmeric, acai berry, goji berries, cocoa powder, powdered peanut butter, noni fruit powder, mint sprigs

Add all ingredients by layering the fresh fruit on bottom, greens in middle and frozen fruit on top. Blend until smooth and serve in 2 cups

Recipe by Dr. Heidi Beery, Facilitator of UC-VEG Lifestyle & Nutrition