

Hormone Balancing Smoothie

Serves # 1

Ingredients:

1 scoop of protein powder, Innate Vegan Protein or Pure Paleo Plus*
1 cup of unsweetened plant milk; almond, rice, coconut, hemp
¾ cup frozen berries
Handful of greens; spinach, kale**, swiss chard, dandelion
Handful of parsley or cilantro***
1 Tbsp. chia seeds or ground flax seeds****

Directions:

Blend in blender.

*Or find a protein base which contains 0 sugar and at least 15 to 20 grams of protein [You can purchase these products at a discount through my dispensary at www.smartnutritionllc.com/supplements/]

**If you have a thyroid problem, you may want to lightly steam the kale

***If you are estrogen dominant, the greens will be very supportive to your liver and the seeds will add fiber to help excrete excess estrogen.

****If you are post-menopausal try ground flax seeds as a good source of phytoestrogen and ¼ to ½ tsp of maca to boost libido and endurance.