

## RECIPES

### SMOOTHIE RECIPE:

- 1 cup of water or plant milk
- 1 cup of frozen fruit
- 1 to 2 tablespoons of chia, hemp or ground flaxseeds
- 1 scoop of vegan pea protein powder
- 1 cup of leafy greens
- ½ stalk of celery or several cucumber slices

Mix together in a blender until smooth.

### GINGER LEMON CIDER SHOT:

- 1 tablespoon of apple cider vinegar
- ¼ cup lemon juice (½ lemon squeezed)
- ¼ teaspoon of ground ginger
- 5 drops of Stevia
- 3 tablespoons of water

Stir and drink with a straw.

### ALMOND/OAT MILK RECIPE:

- 3 cups water
- ¼ cup almonds
- ½ cup old fashioned oats
- 1 tablespoon of almond or vanilla extract
- 1 serving of Stevia or a tablespoon of honey

I use an [Almond Cow](#) maker to blend the above in minutes creating fresh milk with the pulp separated. (A blender can be used in combination with a nut milk bag instead.) The pulp I save to eat separately either alone or mixed with a scoop of plant protein powder to which I add in a splash of homemade plant milk.