

GREEN IS EASY SMOOTHIE

BY TREVOR CATES

SERVES 1

- 1 cup organic fresh spinach
- ¼ medium green apple, cored and peeled
- 1 cup filtered water or herbal tea
- 1 serving high-quality pea protein powder
- 1 teaspoon chopped fresh cilantro
- 1 teaspoon lime juice (or to taste)

In a blender, combine all the ingredients and blend until smooth. Pour in a glass and enjoy cold.

CITRUS WATER INFUSED WITH GINGER AND ROSEMARY

BY ALAN CHRISTIANSON

SERVES 6-8

- 2 quarts purified water
- 1 quart ice
- 2 tablespoons thinly sliced organic fresh ginger
- 2 sprigs organic rosemary, 4"-7" long
- 1 organic lemon, sliced into ½"-thick rounds

Add all the ingredients to a large glass decanter and stir lightly. Serve and

AVOCADO BERRY PICK-ME-UP

BY SHANNON GARRETT

- 1 cup full-fat coconut milk
- ½ ripe avocado, seed and skin removed
- ¼ cup frozen raspberries
- ¼ cup frozen wild blueberries
- 1 tablespoon organic unsweetened coconut flakes
- 1 teaspoon flax oil
- 1 teaspoon gluten-free vanilla extract