

1 teaspoon raw local honey
Filtered water or ice cubes

Add the milk, avocado, berries, coconut flakes, flax oil, vanilla, and honey to a high-speed blender and blend well. Add water as needed to thin the consistency or ice cubes for a creamier smoothie. Enjoy!

CHERRY SPIRULINA SMOOTHIE

BY DONNA GATES

SERVES 2 (8-OUNCE SMOOTHIES)

1 cucumber, chopped
2 zucchinis, chopped
3 large romaine lettuce leaves, torn into pieces
¼ cup mint, leaves only
½ cup coconut meat
6 ounces frozen dark cherries
1 teaspoon Body Ecology Super Spirulina Plus
12 drops stevia, or to taste
1 cup Body Ecology Innergy Biotic, or sparkling mineral water
1 cup filtered water

Place all the ingredients in a blender and puree, adding more water if needed.

BLENDED MATCHA FRAPPE

BY ANDREA NAKAYAMA

SERVES 2

2 teaspoons matcha green tea powder
2 cups nut or hemp milk, or 1 cup full-fat coconut milk with 1 cup water
1 pear, peeled and chopped
4 dates, pitted
1 generous dash ground cinnamon

Place all the ingredients in a blender and blend until well incorporated.

BRAIN BENEFITS

Green tea powder: Tea, one of the most consumed beverages in the world, presents benefits to human health that have been associated to its abundance in