



SVASTHA SUPER GREENS SMOOTHIE RECIPE

MATERIALS:

- High speed blender
- Knife and spoon

INGREDIENTS:

- 12 ounces of water (1.5 cups); may substitute with raw coconut water
- 1/2 ripe banana
- 1 champaign mango, peeled and chopped (replace with any ripe mango)
- 2 Tbsp goji berries, soaked overnight in 1/2 cup of water (add soaking water to the smoothie too!)
- 1/2 avocado
- 1 tsp coconut oil
- 1 tsp raw cacao powder (optional, omit for Vata imbalance)
- 1 tsp [Svastha Super Greens powder](#)

DIRECTIONS:

1. Place the water in the blender.
2. Add all of the remaining ingredients to the blender, including the water used to soak the goji berries.
3. Blend on high for 1-3 minutes or until the ingredients are completely blended to the desired consistency.
4. Enjoy for breakfast or a mid-day snack. Please remember however, that fruit is meant to be eaten on its own, and never should be mixed with other foods.