



AYURVEDIC SMOOTHIE RECIPE

Vata ↓, Pitta ↓, Kapha ↓*

Makes: 12 ounces

Prep Time: 10 minutes

*Will increase Kapha in excess; Kapha types should avoid drinking this smoothie more than 1 to 2 times each week.

INGREDIENTS

- 1 cup of chilled hibiscus tea, lightly sweeten with honey if desired (replace with water or any herbal tea of choice)
- 1/2 fresh banana
- 1 cup of fresh strawberries
- 1/2 of an avocado
- 1 tablespoon chia seed
- 1 tablespoon hemp seeds
- 1/2 inch cube of fresh ginger, peeled and grated
- 1/4 teaspoon turmeric powder* (or fresh turmeric)
- 1/4-1/2 teaspoon cinnamon powder*
- 1/4 teaspoon cardamom*

*These spices can be replaced with 1/2 teaspoon of our Ayurvedic Breakfast Spices.

DIRECTIONS

1. Place all of the ingredients into a high-speed blender.
2. Blend on high for 2 to 3 minutes or until a smooth consistency is created.
3. Drink and enjoy, up to 1 to 3 times a week during the late spring or summer season.