



SVASTHA SUPER GREENS SMOOTHIE

Vata ↓↑*, Pitta ↓, Kapha ↑

Makes 2 cups / Prep time: 10 minutes

*Increases Vata in excess; avoid with any Vata imbalance

INGREDIENTS

- 12 ounces of water (replace with raw coconut water, YUM!)
- 1/2 medium ripe banana (this can be frozen in the summer)
- 1 ripe champaign mango, peeled and chopped (replace with any ripe, sweet mango)
- 2 tablespoons goji berries, soaked* in 1/2 cup of water (add soaking water to the smoothie too)
- 1/2 avocado
- Fresh ginger (1/2 inch cube)
- 1 teaspoon coconut oil
- 1 teaspoon raw cacao powder or cacao nibs (optional, omit for Vata)
- 1 teaspoon Svastha Super Greens or Super Greens ENERGY FUSION

*The goji berries should be soaked for a minimum of 30 minutes.

DIRECTIONS

1. Place the water into 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 to 3 minutes or until the ingredients are completely creamy and smooth.
4. Enjoy this energizing smoothie for breakfast or as a mid-day snack.

Ayurvedic tip: Always remember that fruit is meant to be eaten on its own, and never should be mixed with other foods to ensure proper digestion. To avoid unwanted symptoms of indigestion and toxicity, this smoothie should be eaten as a separate meal, or at least 2 hours after any other food intake.