



PAPAYA “POOP” SMOOTHIE

Doshic Effect: Vata ↓, Pitta ↑, Kapha ↓

Makes: 2 cups

Soak Time: Overnight (ideally) or at least 3 hours

Prep Time: 10 minutes

INGREDIENTS

- 1 tablespoon chia seeds
- 2 tablespoons goji berries
- 5 dried apricots (or 2 to 3 well-ripened fresh apricots)
- 1 teaspoon Triphala Churna
- 1 cup water
- 1½ cups cubed papaya (seeded and peeled)
- 2 tablespoons coconut butter (substitute with 2 tablespoons shredded coconut, plus 1 teaspoon coconut oil)
- 1 tablespoon minced fresh ginger
- ½ lime, juiced

DIRECTIONS

1. Add the chia seeds, dried apricots, goji berries, and Triphala Churna to 1 cup of water. Stir well and soak overnight. If time does not permit, soak the ingredients for a minimum of 3 hours, stirring every 30 minutes.
2. Add the soaked ingredients and soaking water to a blender.
3. Add the papaya, coconut butter, minced ginger, and lime juice to the blender.
4. Blend on high for 2 to 3 minutes or until the smoothie is completely puréed.
5. Pour into your favorite smoothie drinking glass and enjoy!

A few words to the wise, please read!

Did you know that fruit should NEVER be eaten with any other food types? This common habit is one of the most important food combinations to avoid and will be sure to add to your digestion and elimination woes. Therefore, the best way to eat this smoothie will be for breakfast (on its own), before any other food (or dairy) has been taken. After eating the smoothie, please wait at least 1 to 2 hours before eating any other food.