



# Recipes

## Beverages

### Karen's Superfood Smoothie

*Prep and Cook Time: 5 minutes*

*Yield: 1 serving*

#### **Ingredients:**

10 ounces of water  
2 scoops MCT lean Vegan Protein Blend Vanilla (up to the line not the top of scooper)  
1 teaspoon raw cacao nibs  
1 tablespoon goji berries  
1/2 teaspoon maca powder  
2 tablespoons Karen's Superseed Medley (hemp seed, chia seed, flaxseed)  
1/4 raw red beet cut up  
1/2 cup frozen organic mixed berries  
1 handful raw dark leafy greens such as spinach or kale  
1 tablespoon MCTlean MCT Oil or coconut oil  
Ice as needed

#### **Directions:**

1. Using a Vitamix or high power blender, add 2 scoops MCTlean Vegan protein blend to 10 ounces of water and blend.
2. Add cacao nibs, goji berries, maca and blend for about 1 minute.
3. Add beets, greens, frozen berries, MCT oil (or coconut oil), Superseed medley and blend.
4. Add ice, as needed, blend until smooth.
5. Enjoy!