



Recipes

Beverages

Karen's Transformation Spring Smoothie

Prep Time: 5 minutes

Yield: 1 serving

Ingredients:

10-12 ounces of cold filtered water
2 scoops MCT lean Vegan Protein Blend Vanilla
1 teaspoon raw cacao nibs
2 tablespoons ground flaxseed
2 inch piece of raw red beet cut up
1/2 cup frozen organic mixed berries or frozen fruit of your choice
1 handful raw dark leafy greens such as spinach or kale
1 tablespoon MCT Lean MCT Oil or coconut oil- start with 1 teaspoon for the first four days
Ice as needed

Optional add ins:(feel free to add some or all!)

1 tablespoon chia seeds - high in potassium, calcium and omega 3's
1 tablespoon hemp seeds - high in protein and Omega 3's
1 tablespoon goji berries - anti-aging, high in vitamin C
1/2 teaspoon maca -adaptogen, stress buster, energizing

Directions:

1. Using a Vitamix or high powered blender, add 2 scoops MCT Lean Vegan protein blend to 10-12 ounces of cold filtered water and blend.
2. Add cacao nibs, ground flaxseed, beets, fruit, greens and blend for about 1 minute.
3. Add MCT Lean MCT oil (or coconut oil) and blend.
4. add ice, if desired
5. Enjoy!