



## Green Goddess Mint Matcha Smoothie



*If you've indulged a bit too much recently, this smoothie will have you feeling like a goddess again, by helping reduce inflammatory stress, improve metabolism and energy, and even give you glowing clear skin! Healthy fats, B vitamins, and tryptophan-rich proteins help you feel balanced and energetic while increasing your ability to cope with stress, both in body and mind. Loads of powerful antioxidants from matcha tea, avocado, fresh mint, and greens reduce inflammation from oxidative stress, supporting the liver and digestive function, as well as hormonal balance. Great for getting back to your routine, or starting a new healthy one!*

### Ingredients

- ½ avocado (or banana, if you prefer more sweetness)
- Handful fresh or frozen leafy greens of choice (I like a mix of kale, spinach, chard, and other “super greens”)
- 3 sprigs fresh mint leaves OR ⅛ tsp. peppermint flavour
- 1 serving vanilla or plain plant-based protein powder, such as Vega Sport Performance Protein, SunWarrior Classic Raw Protein, or Garden of Life Raw Protein
- 1 serving plain, unflavoured, or vanilla multi-greens powder, such as Genuine Health Greens+ O, or Amazing Grass GreenSuperfood, OR organic wheatgrass or sea greens powder (*optional\**)
- 2 Tbsp. raw pumpkin seeds or hemp seeds
- ½ to 1 tsp. matcha tea (“culinary grade” is great for smoothies)
- 1 serving plant-based omega-3 oil (such as NutraVege, Udo’s 3-6-9 with DHA, Vega Blend, flax oil, or borage oil), optional
- 3-4 ice cubes, optional (omit if using frozen leafy greens)
- 1 ½ cups unsweetened plant milk of choice OR chilled mint and/or green tea if not using matcha

Place all ingredients in your blender and process until smooth. Serve immediately or store chilled in an airtight glass jar or tumbler. Enjoy!

\*The addition of a greens powder is optional, depending on your current health status. Some health conditions, such as diabetes or pregnancy, and/or medications may preclude the use of certain types of greens. Be sure to read the contraindications listed on the package or discuss their use with your health practitioner.