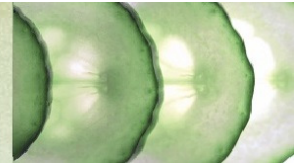


Sara Galipeau

Registered Holistic Nutritionist



Pear Vanilla Spice Smoothie

I love finding ways to turn the refreshing flavours of cocktails into nourishing green smoothies, and I was excited to translate this one! This hydrating pub-inspired drink is high in soluble fibre, as well as skin-quenching vitamin C and minerals like potassium, zinc, magnesium, and silica. The somewhat unusual addition of sage offers extra antioxidant, anti-inflammatory, and brain-boosting benefits.

Weekend entertaining idea: leave out the protein powder and pumpkin seeds to make a light mocktail to share.

- 1 organic pear
- ½ cup organic cucumber OR ½ to 1 smallish banana
- Handful organic field greens
- 4-6 sprigs mint leaves
- ¼ tsp. ground sage OR 1 sprig fresh OR 3-5 leaves basil
- 1 scoop or packet vanilla protein powder
- 2 Tbsp. raw pumpkin seeds
- Juice of ½ organic lemon
- 2-3 ice cubes
- ½ cup each coconut water & filtered water OR 1 cup filtered water
- Optional add-ins: 1 tsp. bee pollen, 1-2 tsp. algal DHA or fish oil

Cut the pear and cucumber/banana into smaller pieces. Remove stems on fresh herbs. Combine all ingredients in blender until smooth. Serve.

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