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“Embracing the power of real food!”

Smoothie

Ingredients:

½ banana
1/3 cup frozen berries
1 tbsp ground chia
1 tbsp of plant based protein (optional)
¼ cup spinach leaves
½ cup of water (or more almond milk)
1 cup of almond milk (see recipe)

Directions:

Put all ingredients in a blender and mix until smooth.

Almond Milk

Ingredients:

1 cup raw almonds
3 cups water
2 cups water
1 tsp vanilla
½ teaspoon cinnamon
Glass jar

Directions:

Place almonds and water in a glass jar at night (needs to soak 4-6 hours minimum)

Drain water.

Add almonds, second water amount, vanilla and cinnamon to a blender.

Pour mixture into a nut milk bag (with a large glass bowl underneath) “milk” the mixture by squeezing the bag until all liquid is in the glass bowl.

Pour your almond milk into a mason jar with lid and place in the fridge. Use milk within 7 days.