

The Basics

Just like traditional French cooking has the “5 mother sauces”, having a few base recipes from which to jump start your smoothie creations will make the process easier and more enjoyable. Tip: save time by making a large batch in advance.

Nut Milk Base

- 1 cup unsweetened coconut or almond milk (homemade is far healthier and so easy to make!)
- Liquid stevia to taste (I like vanilla cream and butter toffee) or you can use ground stevia leaves (not in Phase II)
- Pinch cinnamon

Tea Base

Tea provides vital antioxidants, flavor and immune boosting properties.

Good options include:

- Chaga (actually a medicinal mushroom, you can make an infusion from the powder, look for the term wildcrafted. I use North American Herb and Spice brand)
- Pureh (try Numi brand Chocolate Pureh)
- Rooibos (try Numi brand Rooibos Chai)
- Brew a double strength infusion, allow to cool, then transfer to glass pitcher and store in refrigerator
- For smoothies, I like to do 1/2 cup coconut milk with 1/2 cup tea infusion
- Liquid stevia to taste (I like vanilla cream and butter toffee) or you can use ground stevia leaves (not in Phase II)
- Pinch of cinnamon and/or nutmeg

Add ins:

- Protein powder (I personally love and use Sun Warrior Sprouted Brown Rice Protein Powder)
- Vita Mineral Greens Powder
- Berries of choice (I love blueberries)
- Chia seeds
- Maca powder
- 1 tsp. coconut oil (the oil contains all the healing properties, I always add coconut oil to my smoothies)