

RECIPE

Sunshine Smoothie



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Grace Functional Nutrition

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Smoothie Ingredients

- 1 peeled orange
- Orange zest from one orange
- 1 large carrot, chopped
- 1 inch piece fresh ginger, peeled
- 1 inch piece fresh turmeric, peeled
- 1 date
- 2 tsp coconut oil
- pinch black pepper
- 1.5 tablespoon hemp seeds
- 3/4 cup frozen mango
- 1 cup nut milk
- Optional: 2 scoops collagen peptides or 1 scoop unflavored protein powder

Preparation

1. Combine all ingredients in a blender and blend on high for at least 1 minute.
2. Pour into glasses and serve immediately.