



Recipes

Beverages

Karen's Superfood Smoothie

Prep and Cook Time: 5 minutes

Yield: 1 serving

Ingredients:

10 ounces of cold filtered water
2 scoops MCT lean Vegan Protein Blend Vanilla
1 teaspoon raw cacao nibs
1 tablespoon goji berries
1/2 teaspoon maca powder
2 tablespoons Karen's Superseed Medley (hemp seed, chia seed, ground flaxseed)
1/4 raw red beet cut up
1/2 cup frozen organic mixed berries or frozen fruit of your choice
1 handful raw dark leafy greens such as spinach or kale
1 tablespoon MCT Lean MCT Oil or coconut oil
Ice as needed

Directions:

1. Using a Vitamix or high power blender, add 2 scoops MCT Lean Vegan protein blend to 10 ounces of cold water and blend.
2. Add cacao nibs, goji berries, maca, Karen's Superseed medley and blend for about 1 minute.
3. Add beets, greens, frozen berries, MCT Lean MCT oil (or coconut oil), and blend.
4. Enjoy!