

Trim Healthy
W I S D O M

Royal Smoothie (E or XO)

The rich and deep purple color of this smoothie, created by the combination of blueberries and cherries, is the color of royalty. It's a perfectly fitting smoothie for a daughter of the King of Kings, as you are! This is dairy-free yet fully supplies your Protein Nerd Level 3 needs. It wards against colds and flu with antioxidants and flavonoids from the generous amounts of berries and cherries. The baobab and fresh lemon combine to potently sensitize your muscles to insulin and help you burn healthy carbs.

Single Serve

INGREDIENTS:

- 1¼ cups unsweetened nut milk
- ½ rounded cup frozen blueberries
- ½ rounded cup frozen cherries (pitted)
- 3 Tbs [TH Optimized Plant Protein Powder](#)
- juice of ½ fresh lemon (or more to taste)
- 1 - 2 Tbs [TH Baobab Boost Powder](#)
(plus ⅛ tsp [TH Glucomannan \(Glucicie\)](#) for super testy blood sugar)
- 3 doonks [TH Pure Stevia Extract Powder](#)
OR 2 doonks [TH Pure Stevia Extract Powder](#)
plus a swirl of raw honey
OR ½ a frozen banana
- 1 tsp whole flax or chia seeds
- 1 - 2 tsp [TH Whole Husks Psyllium Flakes](#) (plus optional
⅛ tsp [TH Glucomannan \(Glucicie\)](#) if your blood sugar needs it.)
- 1 heaped cup of ice
- [TH Natural Burst Extract of choice](#) (apricot or coconut work great, optional)
- 1 Tbs nut or seed butter of choice for XO version (optional)



INSTRUCTIONS:

1. Blend everything until fully smooth.

Protein Nerd Notes:

Your Protein Nerd Level 3 requirements are well covered.