

Trim Healthy  
W I S D O M

## Hardcore Plant Strong Smoothie (S with E and XO Options)

This smoothie offers three different ways to get your detoxing, cleansing, blood-building, trimming, inflammation-busting, muscle-scrubbing, and fat-cell-unclogging greens. Are you up for it?

Single Serve

### INGREDIENTS:

- 2 large handfuls fresh spinach or kale (or can use frozen)
- ½ cup diced okra (frozen)
- 1 Tbs greens powder
- 3 Tbs [TH Optimized Plant Protein Powder](#)
- 1 - 2 tsp [TH Whole Husk Psyllium Flakes](#)
- 2 tsp [TH Super Sweet Blend](#) (or another on-plan sweetener to taste)
- 1 rounded Tbs nut or seed butter of choice (reduce to 1 tsp for E or full amount for XO)
- 2 tsp whole flax or chia seeds
- 1 cup unsweetened nut milk or *Home Fermented Kefir*
- 1 heaped cup of ice
- ½ a frozen banana (optional for an E version)



### INSTRUCTIONS:

1. Put all ingredients in a blender and blend well.

### Protein Nerd Notes:

Your Protein Nerd Level 3 requirements are well covered.