

Smoothie Ingredients

Contributed by Dr. Paul G. Jensen

The following are recommendations for adding to your fruit smoothie, these will help keep the carb content from being too high (due to the fruit) as well as increase the nutrient density:

Cold-pressed oils (such as coconut, flax, pinenut, walnut, olive, sunflower), coconut spread, heavy cream, raw egg yolks, whole milk yogurt or buttermilk and avocados.

Be careful with protein powders, as most of them are poor quality.