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Recipes

Lemon-Lime Sport Drink

(from the Thrive Diet)

juice of ½ lemon
juice ½ lime
3 dates
2 cups water
1 Tb agave nectar
1 tsp coconut oil
sea salt to taste

Combine all ingredients in a blender and blend until smooth. Keeps in the fridge for up to 2 weeks

Fuel Bites

(from the Thrive Diet)

5 dates
2 Tb coconut oil
2 TB lemon zest
1 tsp cacao nibs (optional)
1 tsp lemon juice
sea salt to taste

In a food processor, combine all ingredients; process until smooth. Form the mixture into a ½ inch thick rectangle. Cut into bite size pieces. Individually wrap the pieces and store in the fridge or freezer. (add 2 Tb ground yerba mate for a greater kick)

Recovery Pudding

(from the Thrive Diet)

2 bananas
1 C blueberries
½ C soaked almonds
¼ C ground flaxseed
¼ C hemp protein

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¼ C cacao or roasted carob powder
2 tsp ground rooibos (grind it in a coffee grinder)
1 tsp lemon juice
¼ tsp sea salt

Process all ingredients in a food processor until smooth. Keeps for up to 3 days in the fridge.

Basic Green Smoothie

2 ripe pears cored
1 ripe banana
¾ C water
1 handful of greens (spinach, chard, bokchoy, kale etc...)

Blend all ingredients in a blender until smooth.

Strawberries 'n Greens

14 med sized strawberries
1 nectarine
1 pear
1 banana
2 ½ - 3 handfuls rainbow chard
2 stalks celery
¾ C water

Blend until smooth. This makes about 32 oz of smoothie.

Basic Vegetable Juice

4 carrots
2 handfuls spinach
1 bunch parsley
½ cucumber
1 apple
½ inch of ginger

Juice using a juicer. Add ¼ - ½ juice of a lemon.

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