

LEMON POPPY SEED MUFFIN SMOOTHIE



<i>Ingredients</i>	VEGAN	MEDITERRANEAN	PALEO
LIQUID	1/2 cup coconut milk 1/4 cup coconut water (or water)		
	1/4 cup coconut kefir (or coconut yogurt)	1/4 cup dairy kefir (or Greek yogurt)	1/4 cup coconut kefir (or coconut yogurt)
PROTEIN	2 Tbsp hemp hearts		
FAT/FIBER	1 tsp flax oil 1 Tbsp poppy seeds		
GREENS/VEGGIES	1 cups bok choy (white part only, save green part for a salad or sauté) 1/2 cup zucchini, peeled and sliced		
FRUIT	1 tsp lemon juice 1 tsp lemon zest		
FLAVORING	1-2 Medjool dates (or stevia to taste) 1 tsp vanilla extract		
SUPERFOODS	1 Tbsp golden berries		
GARNISH	a sprinkle of poppy seeds and lemon zest		

Directions:

MAKES 1 SERVING

1. Pour liquid into blender.
2. Add all other ingredients except garnish to blender.
3. Add 3 - 4 ice cubes and blend until smooth.
4. Add a little more liquid, if needed, to reach desired consistency.
5. Pour into a glass and garnish with poppy seed and lemon zest