

**IFM's Smoothie Bar featuring Tom Malterre, MS, CN, and Ali Segersten,
authors of the Functional Medicine-friendly
*Whole Life Nutrition Cookbook, and Nourishing Meals***

Ginger Berry Smoothie

This smoothie, or a variation of it, is what we make most often at home for breakfast or snacks. Sometimes we will use tangerines or mandarins in place of the oranges. If there a lot of seeds in the oranges, you can easily get them out by slicing the oranges in half after they have been peeled, and then taking the tip of a knife to pop them out.

3 cups water
½ to 1 bunch collard greens
2 ½ cups fresh or frozen blueberries
1 cup fresh or frozen cherries, pitted
2 small oranges, peeled
1 (2-inch) piece fresh ginger

Add all ingredients to a high-powered blender and blend until smooth. Serve immediately. Store leftovers in a glass jar in the refrigerator for up to 2 days.

Yield: about 7 cups

Pineapple Green Smoothie

If you are just getting accustomed to green smoothies then this recipe is a great way to start—everyone adores this recipe!

½ fresh pineapple, peeled
1 small avocado, pitted and peeled
½ bunch kale
small handful fresh mint or cilantro
2 to 3 cups coconut water or water

Place all ingredients into a high-powered blender and blend until smooth. Taste and add more kale if desired; blend again. Drink immediately.

Yield: about 6 cups

Chia Blueberry Banana Bliss

Our children love this smoothie. It's a great way to sneak in extra nutrients, such as glutamine powder, supplements, or grass-fed gelatin powder. You can even freeze the leftovers in popsicle molds.

1 cup whole raw cashews
3 cups of water
1 teaspoon raw organic vanilla powder
1 cup frozen wild blueberries
1 cup frozen raspberries
2 fresh or frozen bananas
2 tablespoons chia seeds

Place the cashews, water, and vanilla powder into a high-powered blender. Blend until smooth. Add in blueberries, bananas, and chia seeds. Blend until smooth. Add additional water for a thinner consistency. You can substitute 1 cup of the blueberries with 1 cup of strawberries, raspberries, or other berries.

Yield: about 7 cups