

Morning Smoothies

~Adapted by Tanya Renner~

Last weekend I was honored to lead a grace filled weekend retreat at Spirit Fire in Leyden, MA. Woven into the magic of the land and the center itself is the heavenly plant based food so lovingly prepared by our hosts. Here are two smoothies that greeted us each morning. Special thanks to Tanya Renner for sorting out the proportions and sharing.

Morning Smoothie 1:

Pineapple, cucumber, cilantro, banana, lime, vanilla, coconut water, coconut milk

$\frac{1}{2}$ cup cucumber

1 cup pineapple,

$\frac{1}{2}$ banana

$\frac{1}{4}$ cup coconut milk

$\frac{1}{4}$ cup coconut water

$\frac{1}{2}$ teaspoon of vanilla

1 lime with zest

A hand of cilantro greens

Morning Smoothie 2:

Watermelon, Black cherries, Cucumber, Basil, Banana, Coconut Water, Coconut Milk

1 cup cubed watermelon

$\frac{1}{2}$ cup frozen black cherries

$\frac{1}{2}$ cup cucumber

$\frac{1}{2}$ banana

$\frac{1}{4}$ cup coconut milk

$\frac{1}{4}$ cup coconut water

$\frac{1}{4}$ cup loosely packed basil leaves