

# Start the Day Smoothie

1 cup frozen fruit (I like a mix of pineapple, berries, and peaches)  
2 tbsp chia seeds  
1 tsp dried rosemary  
¼ tsp dried thyme  
¼ tsp dried sage  
½ tsp ginger  
½ tsp turmeric  
¼ tsp nutmeg  
½ tsp cinnamon  
1 square 100% cacao  
2 tbsp all-natural peanut butter (no oils, sugar, or salt added - just peanuts)  
1 tbsp local raw honey  
¼ cup unsweetened non-dairy milk (I like coconut milk)  
⅛ cup 100% cranberry juice  
¼ cup 100% apple juice

Adjust the liquid ingredients, as needed. Blend all ingredients together in a blender until smooth. Adding more fruit will make the smoothie thicker. Add less honey if you like the smoothie less sweet. Serves one person.

Recipe by Emily Walton