



## Strawberry Moon Smoothie (raw, vegan, free of refined-sugar/gluten/soy)

Strawberry is one of the most popular berries and contains high amounts of vitamin C, antioxidants and flavonoids to boost the immune system and keep the skin and eyes healthy. Every year we try to go strawberry picking at a local orchard or buy at the Farmer's Market for maximum flavor. Choose strawberries that are ripe but firm, plump and deep red to get the most of their nutrients and goodness.

### Ingredients:

#### For the Strawberry Chia Jam Heart Swirl (optional, but extra delicious)

- 3/4 cup fresh strawberries
- 1 or 2 soft Medjool dates, pitted (soaked for 30 mns if needed) or 1 to 2 Tablespoons maple syrup (or sweetener of choice)
- 2 Tablespoons filtered water
- 1/2 Tablespoon chia seeds
- squeeze of lemon, preferably organic
- 1 Tablespoon raw grated beet (for vibrant color), optional

#### For the Strawberry Moon Smoothie:

- 1 1/2 cups fresh strawberries
- 1 ripe banana, frozen
- 1/2 cup plant milk of choice
- 1/4 cup cashews, soaked and rinsed well
- 1/2 teaspoon vanilla powder (pure extract or seeds from 1/2 vanilla bean pod)
- 1 pinch cinnamon

**Toppings:** Unsweetened shredded coconut and whole strawberries.

**Optional Adds-in:** Flax, chia or hemp seeds, 1 scoop protein powder, bee-pollen, etc.

### Directions:

**To Make the Strawberry Chia Jam Heart Swirl (Optional, scroll down to Strawberry Moon Smoothie recipe if you prefer to skip this part):** Blend the strawberries, dates or maple syrup, water, chia seeds and lemon juice on high speed until silky smooth, stop to scrape down the sides as needed. If you wish to enhance the color, add the fresh grated beet and blend for another 20 seconds. Let stand at room temperature or refrigerator for 20 minutes to thicken. Makes enough for 4 servings, refrigerate leftover to use within a week drizzle on your favorite toast, fruit, dessert, or ice cream.

**To Make the Strawberry Moon Smoothie:** Blend all the ingredients together in a high speed blender until smooth and creamy, but still thick if you wish to serve it in a bowl for breakfast, snack or dessert. Add in more plant milk up to another 1/2 cup if you prefer to drink it in a glass.

**To Create the Heart Shaped Swirl:** Use a teaspoon to dot the top of the smoothie bowl with the Strawberry Chia Jam. Run a toothpick (the end of a chopstick or a bamboo skewer) through the center of each dot without lifting the toothpick out until you reach the last circle. Enjoy served with more strawberry, coconut flakes or any toppings of your liking. Serves 1 to 2.