

BREAKFAST BULLET

The Breakfast Bullet started out as a recipe from Diane and Steve Rothman's Nutri-bullet. They now have a Vitamix, but they still make the Bullet. They recommend people experiment to find their own favorite ingredients: try mango and pineapple, for example, or mixed berries. They personally use blueberries in every Bullet.

PREP: 10 minutes or less

SERVINGS: 2

INGREDIENTS:

1-2 C. or more of your favorite fruit and/or berries, fresh or frozen

2 large handfuls or more of fresh spinach

1/3 C. walnuts

2 scoops protein powder (*Diane and Steve use vanilla*)

1-2 scoops ground flax seed or chia seeds (*a scoop is about 3 Tbsp.*)

1/4 tsp. turmeric

1/4 tsp. cinnamon (*for health benefit; Ceylon Cinnamon is the only true cinnamon, per Diane's herb shop*)

cold filtered water

mint leaves (optional)

good vanilla extract (optional)

unsweetened cranberry juice (optional)

orange juice (optional – *Diane cautions against the high sugar content*)

DIRECTIONS:

Place all ingredients, except water and the optional juices, in the blender. Then add enough water and/or the optional juices (should you choose to use them), to cover the other ingredients, being careful not to overfill the blender. Puree until smooth.

Add more water or the optional juices if the mixture is too thick.

