



My High Vibe

RECIPE



Jumpstart your day with this High Vibe Spiritual Wellness Smoothie, a perfect blend of nutritious ingredients designed to elevate your energy, enhance your mood, and align your spirit with the universe.

Whether you're looking to manifest your dreams or just seeking a healthy boost, here's **my favorite smoothie** packed with its vibrant colors and powerful nutrients.



INGREDIENTS:

- 1 cup fresh baby spinach (for grounding and rejuvenation)
- 1/2 cup frozen blueberries (for antioxidants and spiritual protection)
- 1 small banana (for energy and sweetness)
- 1 tablespoon chia seeds (for omega-3s and mental clarity)
- 1 teaspoon spirulina powder (for detoxification and a boost of high vibrations)
- 1 tablespoon almond butter (for a creamy texture and healthy fats)
- 1/2 teaspoon cinnamon (for warmth and blood sugar regulation)
- 1 cup unsweetened almond milk (for a smooth base)
- A few fresh mint leaves (for a refreshing zest and digestive aid)
- 1 teaspoon raw honey or agave syrup (optional, for natural sweetness)

INSTRUCTIONS:

1. Prepare the Ingredients:

- Rinse the spinach leaves thoroughly under cold water.
- Peel the banana and break it into chunks.
- Measure out all other ingredients.

2. Blend the Base:

- In a high-powered blender, combine the spinach, frozen blueberries, and banana chunks. Add the almond milk to help everything blend smoothly.

3. Add Superfoods:

- Sprinkle in the spirulina powder, chia seeds, and cinnamon. Add the almond butter to enrich the texture.

4. Blend to Perfection:

- Blend on high for about 1-2 minutes or until the mixture is smooth and creamy. If the smoothie is too thick, you can add a bit more almond milk to achieve the desired consistency.

5. Final Touch:

- Taste the smoothie, and if you prefer a little extra sweetness, add a teaspoon of raw honey or agave syrup and blend for another few seconds.

6. Serve:

- Pour the smoothie into a large glass. Garnish with fresh mint leaves for an extra pop of freshness.

7. Enjoy:

- Enjoy immediately to benefit from the maximum nutrients and energy boost. Take a moment to set an intention with each sip, focusing on your health and spiritual wellness.



NUTRITIONAL BENEFITS

This High Vibe Spiritual Wellness Smoothie isn't just a delight for your taste buds... it's a nourishing boost for your body and soul.

It's packed with antioxidants, healthy fats, and proteins that support brain function and emotional balance, making it an ideal start to a day full of potential and positive energy.

TIP:

For an extra cooling effect, especially on warm days, add a few ice cubes to the blender or use more frozen fruits to chill the smoothie naturally.

Enjoy this smoothie as a part of your morning ritual or anytime you need a lift. It's a delicious way to align your physical and spiritual well-being!

