

## Basic Everyday Blend



*This simple and well balanced blend is packed with protein, vitamins, minerals, antioxidants, and heart healthy fats.*

### Photo Contest!



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### Nutrition Info

**Makes:** fluid ounces

= cups

= milliliters (mL)

**Calories:** 1040 kcal

**Kcals/ mL:** kcal/ mL

**Carbohydrate:** 42%

**Protein:** 54%

**Fat:** 38.2%

### Make it for the whole family:

Try these Quinoa Collard Green wraps:

<https://www.ericajulson.com/quinoa-collard-green-wraps/>

# Basic Everyday Blend

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## Ingredients

- ½ cup cooked quinoa
- 2 cups unsweetened hemp milk (fortified)
- 1 ½ tablespoons cherry juice concentrate
- ¼ cup hemp seeds, hulled
- ¼ cup canned pumpkin
- ½ cup frozen broccoli
- ½ cup fresh leafy greens (collard, spinach, or kale)
- 1 ¼ cups garbanzo beans, drained
- ½ teaspoon flaxseed oil
- ⅛ cup pea protein powder
- 1 clove garlic
- ½ teaspoon ground ginger
- ½ teaspoon dried rosemary
- ½ teaspoon ground turmeric

## Preparation

1. Cook quinoa according to package directions. Let cool.
2. Add all ingredients to blender in order listed. Blend until completely smooth. Strain if necessary.
3. Thin as desired with water or other fluid such as milk or milk alternative.

## Kitchen Gear

Medium pot

Can opener

Measuring tools:

- 1 cup, ½ cup, ¼ cup, ⅛ cup
- 1 tablespoon, ½ tablespoon
- ½ teaspoon

## Tips

Swap garbanzo beans for other beans such as black beans or kidney beans.

Swap out different vegetables and strive to eat a wide variety of colors. The more variety of colors you consume (naturally occurring that is) the more you benefit from all the great antioxidant power they provide which can prevent and fight lifestyle diseases.



For more recipes and information visit [www.CookingForTubies.com](http://www.CookingForTubies.com)  
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