



## *Arugula Pineapple Morning Blast*

1 cup packed baby arugula

1/2 cup chopped pineapple

6 Tbsp. hemp seeds

¼ cup cashews

1 pinch Celtic sea salt

1 cup coconut water (optional)



Use green stevia, raw honey or 1-2 dates to sweeten.

Place all the ingredients in the Vita-Mix, add water to 2 cup line (on the container). Blend and serve immediately. You can use ice if you want a cold beverage. This is a light and refreshing drink, excellent after a workout.

As a general rule use: 50% greens, 25% fruits, 25% nuts/seeds, and water to reach desired consistency (1-2 cups). For extra flavor you can add cinnamon, ginger, nutmeg, cayenne pepper, turmeric, chlorella, cacao, etc. You can also add 2-3 TBS olive oil, or coconut oil or flax or hemp oil. The nuts and the oils will slow down the absorption of the sugar from the fruits, hence it will lower the glycemic index of the shake, and it will also make you feel full for longer time, which is aside from all their wonderful health benefits.

Use ingredients you have available, play with it, you will come up with some nice combinations.