

# Breakfast Twisted Smoothie

Recipe by Chef Marvin Woods

*This recipe contains the superfood, açai berries, which is an added nutritious benefit, that is believed to help aging and disease. Make sure to use unsweetened coconut water and not sweetened water or coconut milk. There is a difference. Coconut water contains 100 times more potassium than a banana and the product that is called for in this recipe has no sugar added. Feel free to use fresh or frozen berries.*

**Yield:** Serves 6

## Ingredients

- 1 liter or 2 pints coconut water
- 1/2 cup blackberries
- 1/2 cup blueberries
- 1/2 cup raspberries
- 1/4 cup pomegranate juice
- 3 tablespoons açai puree
- 2 tablespoons flaxseed meal or sunflower seeds
- 1 tablespoon Agave nectar

**Instructions:** Thaw any frozen fruit or puree before using it. Combine the fruit with the coconut water, juice and nuts and blend the ingredients until smooth puree. Taste to see if the drink is sweet enough. If a sweeter drink is desired, add the recommended amount of Agave nectar and blend some more to incorporate. Serve in chilled glasses and if desired, top with a few fresh berries.

**Note:** I call these drinks blends and not smoothies, reason being is to differentiate that what you may buy in the store called a "smoothie" is not the same thing. There is no ice, high fructose corn syrup, juice and/or any other additive or preservative. I think it is important to train, educate and/or retrain folks' minds.



## Total Nutrition Facts (per serving)

Calories:	122.6
Total Fat	7.3g
Saturated Fat	0.8g
Trans Fat	0.12g
Cholesterol	11mg
Sodium	176mg
Total Carb	49.4g
Dietary Fiber	8.2g
Sugars	3.3g
Protein	13.9g