



# Purple Ca-Cow Fruit Smoothie

FOOD & HEALING:  
Smoothie Recipes  
Linda Roderigues, ND

Purple Ca-Cow  
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Serves 1

Bunches of bananas all ripen at the same time so I like to peel the extras and place them in a zip type bag, seal & freeze them for my smoothies.

1/4 cup Nuts (cashews, walnuts, almonds, etc.)  
1 tbsp Lecithin granules (optional, not a raw ingredient)  
1/4 to 1/2 cup Water as needed  
1 1/2 large or 2 small frozen Banana, sliced  
1/2 cup frozen Blueberries

1/4 to 1/2 cup additional Cold Water or as needed for consistency  
1 tsp raw sweetener (Honey, Agave or 1/4 tsp powdered Stevia,) or as needed to taste

Grind nuts to a powder in blender.

Add lecithin (if using).

Add enough water to cover blades of blender and blend until smooth.

Add frozen banana slices, frozen blueberries and just enough water to blend.

Blend until smooth & creamy.

Taste for sweetness and add sweetener if necessary for taste.

Scrape into tall glass and drink immediately.

Note: Sweetness of fruit will determine whether you need to add sweetener (most often I don't need to add any).

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