

# Bacic Smoothie

This is a great nutrient-dense breakfast when you are on-the-go or just wanting something light. If you are rushed in the morning, you can make it the night before.

**Servings: 1-2 (for me this is one serving)**

## **Ingredients:**

*1 c homemade stock or broth*  
*2 T coconut oil, melted*  
*1 small ripe banana (or 1/2 large banana)*  
*1/4 c blueberries*  
*1 generous handful fresh spinach*  
*2 pastured eggs*  
*pinch sea salt or other mineral salt*  
*filtered water or ice to make desired consistency*

**Directions:** *1. Heat stock and coconut oil in small saucepan just enough to melt the coconut oil.*

*2. Place banana, blueberries, spinach, eggs and salt in blender.*

*3. Add broth-coconut oil mixture. Turn blender on slowly so the mixture doesn't "jump." Blend till well blended. Add water or ice to thin if necessary.*

*5. Pour into glass(es) and put in the fridge to chill slightly, if desired.*

*7. Enjoy! BUT remember to chew your smoothie. Carbohydrates especially need to mix with our saliva to breakdown. Once swallowed it's too late.*