

Karen's Breakfast Smoothie

This is a great on-the-go breakfast or a treat anytime of the day. If you are rushed in the morning, you can make it the night before. Just remember to allow 8-10 hours for the mangoes to rehydrate.

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

Ingredients:

1/2 c homemade bone broth (preferably from a very bland batch)

2 T coconut oil

*4-5 slices organic dry mango (or 1 c fresh fruit such as berries or peaches, see **Note 1**)*

2 pastured eggs

1/2 - 1" fresh grated ginger (opt.)

1-2 T kombucha, kefir water, or another fermented brine (opt.)

pinch sea salt or other mineral salt

filtered water to make desired consistency

Directions: 1. Soak mango in broth overnight in a small saucepan.

2. In the morning, add the coconut oil to the pan with the soaking mango. Heat over low heat ever so slightly, just enough to melt the coconut oil.

3. Put eggs in blender. Add salt and optional ingredients.

4. Pour in mango broth mixture. Turn blender on slowly so the mixture doesn't "jump." Blend till well blended, adding additional water to bring to desired consistency.

5. Pour into glass(es) and put in the fridge or freezer to chill. It picks up more flavor when chilled.

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

Note 1: If you are using fresh fruit, you do not need to soak. Add to the blender after the eggs and before the optional ingredients.