



Effortless Energy Smoothie

A smoothie that delivers sustained energy without the jitters or crash

Ingredients:

1 cup brewed yerba mate,
cooled ½ cup unsweetened almond milk
1 handful organic spinach
½ cup organic frozen pineapple,
½ cup organic frozen peaches,
½ organic green apple
2 tablespoons hemp seeds
1 tablespoon organic chia seeds

Directions:

1. Steep yerba mate (loose leaf or satchel) in hot water for 3-5 minutes, then remove leaves and allow to cool to room temperature 2. First add almond milk, yerba mate and spinach to the blender, then seeds, powder and fruit 3. Blend on high until smooth **Yerba Mate contains** a lovely little substance called *theobromine*. This more attractive cousin of caffeine provides a gradual onset of tranquilizing and sustained energy without the jitters or crash.