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Simple Fruit Smoothie

$\frac{3}{4}$ - 1 banana

1 whole piece of ripe fruit (peaches, nectarines, etc.)

2 tsp. quantum greens mix

1 tsp. nordic naturals fish oil

fill blender to the half cup mark with guava nectar (from TJs)

$\frac{1}{2}$ - 1 TBS dark amber agave nectar

1 - 2 cups ice (optional)

Blend well. You may have to stop and push down ice several times to get it all crushed. It typically takes a few minutes to blend it completely smooth.

Other healthy additions

- $\frac{1}{4}$ c plain or vanilla yogurt, but you may want to add a little more agave nectar.
- $\frac{1}{4}$ c Avocado
- Coconut milk & pineapple
- 1 TBS cooked beet, yam or other sweet root vegetable

Agave Nectar - I recommend dark amber agave nectar by Wholesome Sweeteners which can be found at Nob Hill in Morgan Hill.

