

# Tranquil Farms Apple Cider and Microgreen Smoothie

A little bit sweet, little bit tangy drink to boost your immune system this cold and flu season. Full of fiber, loaded with nutrients and absolutely delish.

## INGREDIENTS

### Apple Cider Syrup

1.5 oz Apple Cider Syrup to 10.5 oz of waters or 1.5 Cups Fresh Apple Cider juice Locally Sourced

### **1 Whole Fresh Pear**

peeled and chopped May substitute other fresh fruit i.e. banana (makes more smoothie-like), berries, mango, pineapple.

3/4 Cup **Plain Greek Yogurt** or low fat

1 oz Sunflower

1/2 oz Broccoli and Kale

1/2 oz Sweet Pea Shoots

1/2 oz Radish

1/2 oz Amaranth

(Optional 1 1/2 teaspoons of Microgreen Powder in place of the fresh Microgreen)

1-2 Tablespoons **Agave Syrup** May use honey, maple syrup, sweetener or remove altogether.

1 teaspoons **Apple Pie Spice** May use Cinnamon

1/2 teaspoon **Ground Cloves** (adjust to taste)

(Optional 1/2 teaspoon of TURMERIC)

1/2 teaspoon **Ginger Ground** or freshly grated (adjust to taste)

1 teaspoon **Flax Meal** ground flax seeds

2 Tablespoons of **Funk it Wellness Seeds** (Optional)

## **Funk It Wellness Seed Cycling Kit**

2 Cups **Ice Cubes**

### **INSTRUCTIONS**

Gather all ingredients. Rough chop container of Microgreens, all except Amaranth.

Place all ingredients in the order given, except ice and reserving some Amaranth for garnish, into a large blender. If using a small shake-sized blender, you'll need to process in two or three batches. Pulse to begin mixing. Then blend on high for one minute. Add ice cubes and blend till chilled through and thickened.

Pour into glasses, garnish with the Amaranth and slice of fruit. Serve immediately To store in the refrigerator in a glass jars. Shake to re-mix as some separation will occur.