

Strawberry-Quinoa Smoothie

Swick

Serves 1 | Active Time: 5 minutes | Total Time: 5 minutes

Chef's Notes

This recipe will not work the same if you use a regular powered blender. A high-powered blender is needed to create a smooth and silky texture.

Step 1: Making the Smoothie

- 1/2 cup cooked plain quinoa
- 1 cup strawberries (preferably fresh)
- 1 cup coconut or almond milk
- 1/2 to 1 cup ice cubes
- 2 tsp sweetener* (if needed)
- pinch of sea salt

To prepare the smoothie, place everything into a high-powered blender and blend until very smooth. If you are using frozen strawberries, you may need to add a bit more liquid.

*Note: Depending on the sweetness of your strawberries, you may want to add 1 or 2 dates or another sweetener, such as agave.

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