

BONE BROTH CHALLENGE

Bone Broth Protein Smoothie

One of the biggest changes you can make to your diet is to start to consume a superfood smoothie every morning for breakfast. And bone broth protein is the ideal protein to use for that very reason. And so I want to share with you some of the things I've got in my kitchen, some of the things I love to use in making my own superfood smoothie for breakfast. And I want you to think about this. One of the biggest questions I get from people is, "Dr. Axe, there are so many different changes I need to make to my health. If I just had to make one single change, what change should I make?" My answer is to just change your breakfast.

Think about this. If you just change your breakfast you're changing a third of your diet. That's not a baby step, it's like a giant leap forward. So I want to challenge you if you're feeling overwhelmed with dietary things and you're saying to yourself, "Okay, I just want to see some improvement," then just make this one change. Start consuming a smoothie for breakfast. And so with the smoothie, obviously, one of the first things you need is protein. So we're going to add in one scoop of bone broth protein powder.

The next thing is you need a liquid of some form. And I want to share with you my favorite thing to use and that's coconut milk. Now coconut milk is full of healthy fats known as medium-chain fatty acids that your body can actually burn for fuel. So it's great for supporting a healthy metabolism. And so typically, I recommend you can actually look for a canned coconut milk here. I always look to buy organic whenever possible and a bottle that's BPA-free.

But again, organic is one of the big things I look for in unsweetened coconut milk from the can. In that case, typically, use a fourth of a cup. Now today, aside from the canned milk, they also have cartons of coconut milk. And then the carton, you're just going to do a regular serving. Typically, it's going to be 8 ounces, which is about one glass there of coconut milk. Again, you want to look for unsweetened so just plain coconut milk to have those healthy fats. Again, coconut milk is my number one thing to add in.

Number two would be adding in kefir or probiotic-rich liquid. So again goat's milk, kefir, healthy forms of yogurt like homemade yogurt, but adding in some of those probiotic-rich superfoods. In fact, one of my favorite recipes is for my peach probiotic smoothie. So you're going to add in one cup of peaches, about a cup of coconut milk. You're then going to actually drizzle in, as well, one of my favorite spices here to add in and that's pumpkin pie spice. And pumpkin pie spice, there's no sugar added. It's just cinnamon, ginger, cloves and nutmeg and if you don't have it . . . now, this is a great brand. It's from Frontier. Again, you can buy this on Amazon.com or your local health food store.

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But pumpkin pie spice, I mean, when you're doing a dish with pumpkin or a carrot-ginger soup or something with peaches and you want that great sort of added little sweetness and flavor there, this is one of my favorite herb blends to use. Or again, if you don't have it on-hand at home, just do a pinch of cinnamon and a pinch of ginger there and you're going to get a similar effect there as well to pumpkin pie spice. But that's one of my favorite recipes.

Jumping back to the liquid, so coconut milk is one of favorites, kefir and yogurt and those probiotic-rich foods. Also, almond milk is a great liquid to use or flax milk. There are so many different types of milk from flax milk to hemp milk to almond milk. You can use that as well. And one of the great things about almonds and nuts is that they've got healthy mono unsaturated fats, which are great for supporting healthy joints.

And then, another one, if you want something that's very refreshing to put in your smoothie in terms of a liquid, I recommend coconut water or coconut juice. Now, coconut water is loaded with electrolyte potassium and so it's great for supporting natural levels of hydration. Actually, bone broth protein, one of the incredible things about it is it also has good levels of potassium. So you're getting loads of potassium, which supports healthy cellular of exchange of fluids, which is great for supporting your body's own natural detoxification mechanisms via the kidneys as well as the cells. And so again, those are some of the liquid you may consider using in your smoothies.

Now, some of my favorite recipes include ... I love using peaches for that probiotic peach smoothie. Also, I love dark, sweet cherries. If you want to satisfy your sweet tooth, doing something with these frozen cherries is incredible. I love doing a cherry-chocolate smoothie for breakfast. So I'll do the chocolate bone broth protein powder, mix with the cherries, mix with coconut milk and it is a sweet treat. You may also look at some of our milkshake recipes there in the "Bone Broth Breakthrough" booklet.

I want to give you a few other tips. If you want to add a little bit of a nutty flavor, one of my favorite nuts to use are macadamia nuts, especially if you're making one that one wants to taste like a vanilla. So if you're making a natural vanilla milkshake at home or you want something that has a burst of vanilla, you want to add in about a half of teaspoon of vanilla extract along with about a fourth a cup or a handful of macadamia nuts. You're getting a lot of healthy fats. That way, it's going to help you stay full longer, you're getting good fiber this way as well. But macadamia nuts have that very, very great vanilla flavor you could do there some macadamia nuts.

Also, cashews have a similar flavor. You can put cashew butter in there, 2 tablespoons or a fourth a cup of cashew butter is great as well. Of course, almond butter is great to add in if you

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want to get some of those healthy calories. And if you want to support the health of a healthy brain, adding in some walnuts is another great thing to add in here to a superfood smoothie. And then another couple of things I have, if you want to add creaminess and just get that really great texture in a smoothie, first off, our bone broth protein powder, our flavored vanilla bone broth protein and chocolate bone broth protein both are very creamy. They'll add that texture.

But, in addition to that, adding in just a single half of a banana. Let's say you're doing a peach smoothie. You could exchange, rather than one cup of peaches, you could do a half a cup of peaches and a half of banana. But that banana will add creaminess as will avocado. Avocado is virtually tasteless when you add it to a smoothie, but it adds some creaminess there as well. Also, a lot of good fiber there, lots of benefits there of avocado as well as bananas. But if you want to add creaminess, those are great.

And if you need to add a little more sweetness, my number one sweetener is raw, local honey. I bought this here just a city right next to me here in Nashville. So this is pure, raw honey. I picked it up at my local farmer's market. We know honey contains over 200 microbes. It's great for supporting things like different sorts of respiratory issues, allergies, asthma when you're doing honey of various kinds. So again, consider some honey adding in. Also, if you want to sweeten it up, you can consider Stevia. Stevia is a no-calorie, natural sweetener that comes from an herb of a flower. This is just their Stevia Clear. This is from a brand called SweetLeaf. They also have flavored Stevia such as chocolate, vanilla, butterscotch, raspberry, lemon. So you can try that as well.

And then, my other favorite natural sweetener, along with honey and Stevia, is dates. In fact, I love making an oatmeal smoothie for breakfast and I'll add in oatmeal. Sometimes with that, I'll add in a banana or pumpkin and then I'll add in a little bit of dates. So dates and oatmeal together are absolutely delicious. You can do an oatmeal pie smoothie for breakfast and that oatmeal smoothie is absolutely delicious as well.

Again, obviously, for breakfast, you've got a lot of delicious options with using smoothies here as well. And again, think about this, if you just make one single change, if you just change your breakfast, you're changing one third of your diet. And by adding in bone broth protein powder, it is the healthiest protein powder out there today. Many other protein powder is out there are difficult to digest, they're not gluten-free, they're not Paleo-friendly, they have artificial chemicals, sweeteners added.

And so really, for me, myself at this point, this is really just about the only protein powder I use on a regular basis. Sometimes, I use a little bit of collagen protein. I use that as well or some grass-fed whey or some sprouted grain protein. But for the most part, 90% of the protein I'm

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using at this point, and I recommend my patients use, is bone broth protein powder. And again, we've got vanilla, chocolate, turmeric and pure. You can try all of them there. They taste great. Hey, I hope you've enjoyed this video on how to create a superfood smoothie.