



## BEVERAGES

# Miso Booster Smoothie

Rather than making just another fruit smoothie, why not try a savory one like this earthy, warming, and grounding delight.

YIELD: Serves 4

### INGREDIENTS

- 3 cups hot water (not boiling)
- 2 tablespoons white miso
- 1 1/2 tablespoons nutritional yeast
- 1 teaspoon dulse flakes
- 1 scoop organic protein + green powder
- 2 tablespoons toasted sesame seeds
- 3/4 cup soaked cashews
- Granulated garlic, sprinkled to taste
- Chili powder, sprinkled to taste

### DIRECTIONS

1. Bring water to boil and remove from heat. Allow to sit for 5 minutes to cool.
2. Add 2 tablespoons of miso and stir until dissolved.
3. In a blender, combine the miso broth, nutritional yeast, dulse flakes, protein/green powders, toasted sesame seeds, and cashews, then process until smooth.
4. Serve with a sprinkle of granulated garlic and/or chili powder.



### NUTRITION GEM

## Health Benefits of White Miso, Nutritional Yeast & Whey Powder

What a concept — a savory smoothie that enhances friendly flora in your gut. Tasty, satisfying, and delightful!

**White Miso** — White miso, a fermented soybean paste is a good source of protein, probiotics, fiber, manganese, and vitamin K that support gut health and digestion,

**Nutritional Yeast** — Nutritional yeast is high in protein, B vitamins, fiber, and antioxidants to support the immune system, promote heart health, energy production, and digestion.

**Whey Powder** — Whey is a complete protein that supports muscle growth and recovery, weight management, reduced inflammation, and enhanced antioxidant defenses.