

Mark's Kitchen

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No-Fruit Smoothie

I'm excited to share with you a delicious, smoothie recipe that almost seems too good to be true. Why is it too good to be true? It has zero fruit in it and still tastes fantastic. This tasty recipe is by my friend, [Sarah Greenfield](#), who is also a nutrition consultant for my wellness team. Enjoy this low-glycemic smoothie for lasting energy throughout the day.

Ready in: 55 minutes

Serves: 1

Ingredients:

- 1/2 cup baked squash blend (we suggest 1 mini delicata squash and 2 honeynut squashes)
- 1 cup spinach
- 1 ½ cups unsweetened almond milk
- 1 tablespoon almond butter
- 1 teaspoon unsweetened shredded coconut
- 1 scoop vegan protein powder
- 1/2 teaspoon cinnamon
- 1 clove black garlic

Step 1: Preheat oven to 350°F. Cut the squash in half lengthwise. Fill a baking dish with about ¼ inch of water in a baking dish and place the squash halves into the dish, cut sides down. Place in the oven and bake for about 30 to 45 minutes or until the skin is pierced with a fork. Remove the squash from the oven and set aside to cool for about 15 minutes. Then scoop out the insides and place into blender, discarding the skins.

Step 2: Combine the remaining ingredients into the blender and blend on high until smooth, 1 to 2 minutes.

Step 3: Pour into your favorite glass and enjoy!

Nutritional Analysis: Calories: 324, Carbs: 33 g, Fat: 12 g, Protein: 27 g, Sodium: 454 mg, Sugar: 1 g