

Dr. Matt Brown's super creamy smoothie idea (this is truly a meal!)

1 scoop of Chocolate Complete (best quality and BEST TASTING smoothie mix)

2-3 cups spinach (ideally organic baby leaf spinach) or use another green of your choice

½ avocado (excellent source of B vitamins and good fat and also adds staying power)

1/2 -1 banana (I prefer frozen)

1/2 -1 baked sweet potato without the peel (I prefer frozen)

1 TBSP peanut butter powder, like PB2 (if you like the taste of peanut butter but don't want all the fat)

1 TBSP organic Cocoa nibs (these have no sugar, just pure cocoa and taste better in my opinion than cocoa powder)

1/2 -1 tsp of cinnamon (anti-inflammatory and good for blood sugar control)

1 TBSP flax seed; ideal is golden organic (excellent source of Omega-3's and fiber)

Cover about ½-2/3 of the contents with unsweetened almond milk or good quality plant milk or even water in a really powerful blender, ideal is a Vitamix or Blendtec but a Ninja or NutriBullet would work as well.

Please share your ideas with me on Facebook: [fmattbrown](#) or Twitter: [nutridoc](#).
Thanks!