

Shamrock Power Shake

March is the time for fresh, green renewal. In cold climates, crocus and daffodil shoots are just starting to peek through the cold, dry ground, and in some cultures, St. Patrick's Day, the coming of spring, and a variety of spring celebrations are all just right around the corner. Spring cleaning naturally begins, both in our homes and in our bodies. We're ready to shed any excess we've accumulated from winter.

While I'm not crazy about intense detox or cleanses that stress the body, I do like to incorporate some nourishing green powders in the springtime. Remember, AH is about nourishing your body to health, not cleaning it out to repent for what you've eaten. This shift in mentality is important when deciding to do a spring cleanse. You don't have to radically clean out your body in order to support its needs for the coming spring. This week's Shamrock Power Shake is a simple way to add some fresh green powders to your springtime diet. I love grapefruit this time of year, but if you find the flavor of grapefruit to be too strong, feel free to sub out 1 1/2 oranges. Now that we have several translations, we have many readers all around the globe. For those of you in the southern hemisphere, feel free to try this recipe now or put this post away until spring comes!

Shamrock Power Shake

1/2 grapefruit

1 cup whole or soy milk

1/2 avocado

1 scoop unsweetened Green Superfood powder, such as [Amazing Grass](#), [Pure Synergy](#), or [Garden of Life](#)*

1/2 banana

1 serving protein powder (enough to equal 22 g protein)

1 teaspoon MCT oil or coconut oil

Handful of leafy greens, optional

Peel grapefruit and remove any seeds. Place remaining flesh with all other ingredients in a high-speed blender, or wide mouth mason jar that can fit an immersion blender without splashing. Blend until smooth. Makes 1 serving. Variation: Omit the banana and use 1 whole grapefruit.

Calories: 540

Carbohydrate: 36%

Protein: 24%

Fat: 40%

*We've showcased our favorites here, but there are many brands on the market. Make sure to choose one that's unflavored, unsweetened, and has no stevia. Many of these powders often include probiotics or other naturally detoxifying ingredients. Try different options to see what your body responds best to. As with all of our posts, although we recommend these as brands, we don't receive any compensation and we strive to keep this site noncommercial.

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