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The Essential Thyroid Cookbook by Lisa Markley and Jill Grunewald, published by Blue Wheel Press LLC.

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COCONUT BANANA MATCHA SMOOTHIE

Matcha green tea is made from green tea leaves that are finely ground into a powder, making it a concentrated source of antioxidant-rich polyphenols that provide 10-15 times more antioxidants when compared to traditional green, black, white, rooibos, and yerba mate teas. This recipe is especially delicious when made with my Homemade Coconut Milk recipe also found in this chapter.

Serves 2

Ingredients

- 1 cup unsweetened coconut milk
- 1 fresh or frozen banana
- ¼ avocado
- 2-3 teaspoons matcha green tea powder
- ½ cup baby spinach leaves
- 1 tablespoon pure maple syrup or local honey
- 1 teaspoon vanilla extract (optional)
- 1-1½ cups ice (optional)

Preparation

1. Place all ingredients into a high-speed blender in the order listed, secure lid, and blend on high for 45-60 seconds until smooth. Add ice if not using frozen banana and thin with additional milk or water, if needed, to reach your desired consistency.
2. Pour into individual glasses and enjoy.

Cook's notes: Matcha can be a pricey product, but keep in mind that you only need 1-2 teaspoons per serving, so it should last quite awhile. Store in the refrigerator.

AIP adaptation: Omit vanilla extract and reduce sweetener.

Nutrients: A(BETA), B₁, B₂, B₆, C, E, CA, CU, FE, MG, MN, ZN, GL, EG

