

Dr. Ashley's Favorite Smoothie

- 1 c. almond milk (substitute coconut milk or other creamy beverage of preference)
- 1 T. almond butter
- 1 frozen banana
- ½ c. frozen spinach
- 6 ice cubes
- 1 scoop chocolate protein powder (substitute vanilla protein powder)

Directions: Place all ingredients in a blender. Blend together until smooth. Enjoy immediately!

Dr. Darby's Green Juice

- ½ cucumber
- 4 stalks of celery
- 1 apple
- 3-5 kale leaves
- ¼" ginger root
- ½ - 1 lemon

Directions: Run ingredients through a juicer. Enjoy your juice fresh!

*Pro-tip: for added immune system benefits, you can add 1 T. of apple cider vinegar to it!

Oven Roasted Brussels Sprouts

- 2-4 pieces of thick cut bacon (save grease)
- 16 oz fresh brussels sprouts
- ¼ c dried cranberries
- ¼ c slivered almonds (can also substitute pecans or walnuts)
- Salt and Pepper to taste

Directions: Cook bacon in a pan until crispy. While bacon is cooking, cut brussels sprouts in half. Coat brussels sprouts with bacon grease and salt and pepper to taste. Bake in 425-degree oven for 12 minutes. While brussels sprouts are baking, cut bacon into small "bit" size pieces. After 12 minutes of baking, add cranberries and almonds to brussels sprouts, and bake another 3 minutes. Add bacon to dish and serve immediately.

*You may need to adjust baking time depending on size of brussels sprouts and desired tenderness