



Into the Woods Smoothie

This is a quick recipe for a tasty smoothie featuring ingredients indigenous to Turtle Island. Maple water is what you get when you tap maple trees, and it can be found in health food stores.

- 1 C (250 mL) fresh or frozen blueberries
- 1 C (250 mL) maple water
- 1 ripe avocado
- ¼ C (60 mL) pecans
- 1 tbsp (15 mL) maple syrup
- 2 tbsp (30 mL) sunflower seed butter

Combine all ingredients in a blender and blend until smooth. Makes two servings.