CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Matcha Green Smoothie Bowl

Morning Energy & Antioxidant Support

www.consciousrewire.com

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What This Supports

Supports morning energy, antioxidant intake, and gentle digestion.

Why It Works

Matcha provides caffeine and polyphenols, while fats and protein slow absorption for steadier energy.

Ingredients

Matcha Green Smoothie Bowl

Ingredients:

/3 long English cucumber

avocado

/2 cup coconut cream

tbsp MCT oil

0 mint leaves + more to garnish

tsp matcha green tea powder

scoops collagen protein

tbsp raw, unpasteurized honey

tsp cinnamon

Directions

. Place first six ingredients in a blender and blend until smooth.

. Add in last three ingredients and blend until just combined.

Best Use

Best used as a breakfast or pre-work meal.

Food Notes & Safety

Use fresh ingredients and clean equipment.

Storage & Reheating

Consume immediately.