

Placenta Smoothie Recipes

Hi my name is Amelia. i am 11 years old and I love to help my mom with her birth stuff. I love cooking so I made all these placenta smoothie recipes. They are made so you can not taste the placenta. I have never had placenta, but my mom has and so have a lot of people I know. let me know what one was your favorite. (PS- I named all of them.)

GREEN BABY

1 or 2 chunks of placenta
half cup of frozen mango
half cup of fresh spinach
1 cup orange juice
half cup water
1 teaspoon of lime juice
half teaspoon spirulina powder
couple ice cubes

combine ingredients and blend on high speed.

RUBY RED

1 or 2 chunks of placenta
1/4 cup strawberries
1/4 frozen cherries
1/4 pomegranate seeds

2 cups cranberry juice
1 cup water
1 spoon of raw honey
couple ice cubes

combine ingredients and blend on high speed.

BABY'S GOT THE BLUES

1 cup orange recharge
1/2 cup coconut milk
1/2 frozen blue berries
1 spoon full raw honey
1/4 teaspoon spirulina powder
1 or 2 chunks of placenta
couple ice cubes

combine ingredients and blend on high speed

CHOCOLATE LOVE

2 spoon fulls of peanut butter
1 banana
1 spoon full of raw honey
1 and a 1/2 of coconut milk
1 or 2 chunks of placenta
chocolate chunks (my favorite is dark chocolate with sea salt)
chocolate syrup if wanted

couple ice cubes
combine ingredients and blend on high speed.

MONKEY BABY

2 chunks of placenta

1 frozen banana

1 cup coconut milk

1/2 water

1/4 teaspoon vanilla

1 spoon full raw honey

couple ice cubes

combine ingredients and blend on high speed