

# Dr Oz Paleo Breakfast Smoothie

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-herbal-tea-recipe-for-cough>

## Ingredients:

- 8 ounces herbal tea chilled
- 1/2 avocado
- 2 soft-boiled eggs Nell promises you will not taste them.
- 1 cup blueberries
- 1 cup spinach
- 1 tablespoon shredded coconut
- 1 tablespoon ground flax seed
- 1/2 teaspoon turmeric
- 1/2 teaspoon ginger
- 2 skinless boneless chicken breast halves about 1 lb, flattened with a meat tenderizer
- 1/4 cup roasted turkey breast leftover, diced
- 2 tablespoons extra-virgin olive oil
- 1 head romaine lettuce rinsed, dried and chopped
- 1 bunch frisee or your favorite lettuce if not available, separated, rinsed and dried
- 1 tomato medium, seeds removed, cut in half, then use a spoon to remove the seeds, finely chopped
- 1 avocado peeled, pitted and sliced
- 2 large eggs hard-boiled and sliced
- 1 lemon
- 1 tablespoon chopped fresh chives
- 1 teaspoon mustard seed crushed
- ground black pepper Freshly, optional

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 210 milligrams
4. Fat: 25 grams
5. Fiber: 12 grams

6. Protein: 11 grams
  7. SaturatedFat: 4.5 grams
  8. Sodium: 100 milligrams
  9. Sugar: 9 grams
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