

MY BASIC GREEN SMOOTHIE

(I usually call my smoothies “Kitchen Sink” smoothies because I add whatever I have on hand)

1 Banana

1-2 Cups any type of Frozen Fruit

¼ Raw Almonds

1 tbs Flax Seeds

1 huge handful fresh spinach

1 huge handful torn kale leaves including thick stems

3 cups water

Notes:

- Feel free to use any fruits and vegetables you have lying around.
- Because I use frozen fruit a lot, I do not need to use ice cubes. If you use fresh fruit (any kind you want), feel free to add some ice.
- You can also roots to this recipe like carrots and beets.
- If you want your smoothie’s sweeter – you can add 2 pitted dates, raw honey, agave or stevia.
- If you like it more savory – add more vegetables.
- I like to add broccoli (including the trees) for more green benefits.
- You can add wheatgrass powder, spirulina powder, chlorella powder, chia seeds, hemp seeds, maca powder, spices, etc.
- Instead of regular water as your base, you can use herbal teas, coconut water, green juice, almond milk, coconut milk, kefir, etc.

The sky’s the limit hampered only by your imagination and creativity. There are no rules, except perhaps, basic rule of thumb – use 3 fruits and 3 vegetables. Other than that – just whirl up and

Enjoy!

Michele