

Recipe for

GREEN SMOOTHIE LEVEL 3



INGREDIENTS

1 large frozen banana

1/2 inch of ginger root

1/2 inch of turmeric root

1/2 tsp of amla powder

1/2 tsp of cinnamon powder

1 table spoon of flax seeds

1 table spoon of chia seeds

1/4 cup of walnuts

2 cups of water

Power greens 7 ounces

1/2 cup of fresh beets

1/2 cup frozen blueberries

1/2 cup frozen cherries

SERVES 2-4

PREP TIME/TOTAL

TIME Approx 15 min/ 20 min

APPROX NUTRITION INFORMATION

Total Calories 514

Fat 23 g

Protein 21 g

Carbohydrates 73 g

Fiber 18 g

DIRECTIONS

Place 2 cups of water in a high speed blender.

Next add flax seeds, chia seeds, ginger, turmeric, cinnamon, amla powder, walnuts, and 1/2 cup of fresh beets.

Then stuff the blender with about 7 ounces of Power Greens --

Combination of baby Kale, baby Spinach, and baby Swiss chard

Add frozen fruit last. May substitute with strawberries or other berries of choice. Blend and Enjoy!



GF

WFPB