

Recipe for

Green Smoothie



SERVES 3-4

PREP TIME/TOTAL

TIME Approx 5 min / 10 min

NUTRITION INFORMATION

Total Calories 796

Fat 28 g

Protein 16 g

Carbohydrates 121 g

Fiber 9 g

INGREDIENTS

2 large frozen bananas

1 table spoon of flax seeds

1 table spoon of chia seeds

¼ cup of walnuts

2 to 3 small strips of ginger

6 ounces of Greens(combination of spinach, kale, Swiss chard)

½ cup of frozen blueberries

½ cup of frozen cherries

½ cup of frozen strawberries

½ cup of frozen peaches

¼ tsp cinnamon(optional)

DIRECTIONS

Best if you have a Vita-mix or similar high speed blender

Initially place 3 cups of water in the blender.

□ Add flax seeds, ginger and walnuts

□ Add the greens next followed by frozen fruit

□ Blend until smooth