

Recipe for

GREEN SMOOTHIE HIGH BLOOD PRESSURE



SERVES 2-3

PREP TIME/TOTAL
TIME Approx 15 min/ 20 min

APPROX NUTRITION INFORMATION

Total Calories 527
Fat 18 g
Protein 17 g
Carbohydrates 94 g
Fiber 24 g

INGREDIENTS

1 large frozen banana
1/2 inch of ginger root
1/2 inch of turmeric root
Pinch of black pepper
1 table spoon of flax seeds
1 table spoon of chia seeds
2 table spoons of almonds
2 cups of water
Power greens 6 ounces
1/2 cup frozen blueberries
1/2 cup frozen cherries
1/4 cup of beets
1/2 tsp of Amla powder

DIRECTIONS

Place 2 cups of water in a high speed blender.

Add flax seeds, ginger, turmeric, amla powder and almonds next.

Then stuff the blender with about 6 ounces of Power Greens --

Combination of baby Kale, baby Spinach, and baby Swiss chard. Followed
by beets and orange. Add frozen fruit last. May substitute with
strawberries or other berries of choice. Blend and Enjoy!