

Recipe for

GREEN SMOOTHIE LEVEL 2



SERVES 2-3

PREP TIME/TOTAL TIME

Approx 15 min/ 20 min

APPROX NUTRITION INFORMATION

Per Serving

Total Calories 618

Fat 22 g

Protein 15 g

Carbohydrates 86 g

Fiber 17 g

INGREDIENTS

1 1/2 large frozen bananas

1/2 inch of ginger root

1/4 inch of turmeric root (optional)

Pinch of black pepper

1/2 tsp of cinnamon

1 table spoon of chia seeds

1 table spoon of flax seeds

6-8 walnut halves

2 cups of water

Power greens 7 ounces

1/2 cup frozen blueberries

1 cup frozen cherries

1/2 tsp of amla powder(optional)

DIRECTIONS

Place 2 cups of water in a high speed blender.

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

Then stuff the blender with about 6 ounces of Power Greens--Combination of baby Kale, baby Spinach, and baby Swiss chard--available at Costco

Add frozen blueberries, cherries, and banana. Blend and Enjoy!



Grocery List

GREEN SMOOTHIE



Produce

- Bananas
- Ginger root
- Turmeric root(optional)
- Frozen blueberries
- Frozen cherries
- 6 ounces Power greens (baby kale, baby spinach, baby Swiss chard)



Seasoning

- Amla Powder (optional)
- Cinnamon



Nuts/Seeds

- Chia Seeds
- Flax Seeds
- Walnuts