

Recipe for



GREEN SMOOTHIE LEVEL 3

SERVES 2-4

PREP TIME/TOTAL

TIME Approx 15 min/ 20 min

APPROX NUTRITION INFORMATION

Total Calories 509

Fat 17 g

Protein 14 g

Carbohydrates 74 g

Fiber 21 g

INGREDIENTS

1 large frozen banana

1/2 inch of ginger root

1/4 inch of turmeric root

1/4 inch of turmeric root

Pinch of black pepper

1 table spoon of chia seeds

1 table spoon of flax seeds

4 walnut halves

2 cups of water

Power greens 8 ounces

1/2 cup mangoes OR peaches

1/2 cup frozen blueberries

1/2 cup frozen cherries

1/2 tsp of amla powder(optional)

1/2 tsp of cinnamon

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 8 ounces of Power Greens --

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

Add carrot, bell pepper, celery, tomato and beets(if desired). Blend and

Enjoy!