

# Recipe for

## GREEN SMOOTHIE LEVEL 4

### SPICY GREEN SMOOTHIE

SERVES 2-3

PREP TIME/TOTAL

TIME Approx 15 min/ 20 min

### APPROX NUTRITION INFORMATION

Total Calories 408

Fat 14 g

Protein 11 g

Carbohydrates 62 g

Fiber 16 g



### INGREDIENTS

1 large carrot

1/2 large red bell pepper

2 large stalks of celery

1 roma tomato

1/4 cup of fresh beets (optional)

3/4 inch of ginger root

1/2 inch of turmeric root

Pinch of black pepper

1 table spoon of flax seeds

2 table spoon of walnuts

2 cups of water

Power greens 5 ounces

1/4 to 1 Jalapeno (spice preference)

1 tbsp of fresh parsley or mint

2 tbsp of lime or lemon juice

### 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!