Anytime Sweet Green Smoothie!

Ingredients

1 handful of greens

NOTE: Kale, spinach, or mixed greens are the best
You can simplify by purchasing already washed, organic
greens from your grocer.

½ frozen banana

¼ cup frozen and chopped mango

½ cup frozen strawberries

½ cup of other berry of your choosing (more strawberries, blueberries, raspberries, etc.)

Water for liquid – The amount will depend upon the cup size of your blender.

1 tbsp. of chia or flax seeds

Equipment

Blender, Nutribullet or Ninja

Directions

1. Add all solid ingredients to the cup or blender

2. Add enough water to cover all solid ingredients.

3. Blend until smooth

NOTE: For a sweeter smoothie, use fresh squeezed orange juice instead of water.

Other nutritious things to add to your smoothie:

Fish Oil, spirulina, buffered vitamin C, magnesium powder, protein powder or any other oil or powder you might be using.

Current Cure