

Green Smoothies

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Greens- Use a variety of greens and change up regularly

3-5 leaves kale (I like lacinato or black kale)

½ to 2 leaves collards (depending on the size)

1 handful spinach(use spinach occasionally)

1-2 leaves romaine lettuce

¼ bunch or more to taste -Parsley

Handful of Sprouts- broccoli, alfalfa, sunflower

Juice of one lemon

1 -2 green apples or red and green combination (or to taste)

3-5 Strawberries or handful of other berries (optional)

1tbl to ¼ cup Raw and soaked pumpkin seeds (optional)

1 tbl Raw flax seeds (optional)

1tsp – 1tbl flax oil (optional)

1 tbl Kelp powder

1 tsp Spirulina or chlorella (optional)

1 Tbl bee pollen

Filtered water (enough to allow blender to puree ingredients)

Place all washed and cut fruit and veggies in a blender or food processor with water and blend. Add seeds, sprouts and powders. Blend until smooth. Add more water if you want a thinner smoothie. Drink immediately.