

Smoothie

2 handfuls of leafy greens (spinach, kale, chard...)

1 carrot, cucumber, beet or other vegetable

Banana, apple, peach or other fresh fruit

1 cup frozen fruit (blueberries, cherries, strawberries, mangoes...)

2 Tbsp. flax seed or flax meal

1 cup or more as needed of plant milk or water

2-4 Dates for sweetening

Optional: ¼- ½ lemon or lime, ginger root, turmeric, acai berry, goji berries, cocoa powder, powdered peanut butter, noni fruit powder, mint sprigs

1. Add all ingredients by layering the fresh fruit on bottom, greens in middle and frozen fruit on top
2. Blend until smooth.
3. Serve in 2 cups