

# The “*Great Start*” Green Smoothie

Haven’t developed a taste for dark leafy greens? Don’t worry! You won’t notice them in this drink. This delicious, plant-based smoothie is an excellent way to add more greens and fruit to your diet. The smoothie gets most of its sweetness from the dates and the ripeness of the bananas, so decrease the amount if you don’t have much of a sweet tooth.

\*Serves 3-4

1 cup water

2 cups non-dairy milk, or water (soy, almond, coconut, hemp, oat, etc.)  
(alternative to purchasing almond milk, consider using 2 Tbsp soaked almonds)

1 cup berries (blue, rasp., straw., blackberry)

1 chopped apple + whatever other fruit needs to be used (mango, pear, nectarine, apricot, peach, etc.)

1 ½ ripe bananas, peeled (fresh or frozen)

2 cups de-stemmed kale (can also use collards, swiss chard or spinach)

2 Tbsp. seeds (flax, chia, sunflower, hemp)

½ cup nuts (almonds or cashews)

1/4 cup pitted dates, or to taste (for sweetener)  
(soaking dates that are harder/drier can be helpful for some blenders)

Optional:

coconut oil, bee pollen, greens powder, cacao nibs, apple juice, shredded coconut, oats

**Combine liquid in blender and add chia and/or flax seeds to soak while gathering and preparing all other ingredients. Add all other ingredients (optional: wait to add nuts and dates). Blend until smooth and creamy. If not already added, pulse in remaining ingredients. Enjoy right away!**