



Perfect Green Smoothie

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Servings: 2

Serving Size: ½ of smoothie recipe

Ingredients:

- 2 cups dark leafy greens (kale, chard, or spinach)
- 1 cup light greens (romaine, celery, cucumber, leafy lettuce)
- ½ cup frozen fruit (pineapple, mango, berries, etc)
- ½ of a medium banana, frozen
- 1 cup milk of non-dairy choice (like hemp, coconut, or almond)*
- ½ cup filtered water or organic coconut water
- ½ cup ice cubes or frozen milk cubes
- 2 scoops/servings of protein powder**
- 2 tablespoons super food ingredient (hemp seeds, ground flax seeds, chia seeds, almond butter, raw walnuts)

Directions:

1. If you have a high powdered blender, place all ingredients in the blender and process until smooth. If you don't have a high powdered blender, start by blending only the greens and the liquid together first until that looks smooth, then add the frozen items, protein powder, and superfood and blend until smooth and combined.
2. Serve immediately.

Tips and Tricks:

*You can also freeze milk in ice cube trays and use those ice cubes and less actual milk if you prefer. We recommend non-dairy milk because dairy can disrupt the digestion and nutrient absorption of raw greens.
**We recommend a protein powder that is low in carbohydrates & sugars and high in protein. Use the 15/15 rule—you want 15 or LESS grams of carbohydrates and 15 or MORE grams of protein per serving. Nutritional information assumes you follow the above rule when selecting your protein powder.

Nutritional Information Per Serving:

Calories: 244.7
Fat: 8.0 g
Cholesterol: 0 mg
Sodium: 390 mg
Total Carbohydrate: 15.6 g
Dietary Fiber: 3.7 g
Sugars: 10.3 g
Protein: 24.9 g