

GREEN MADNESS SMOOTHIE



INGREDIENTS

1 cup water, or almond, hemp, or coconut milk
1 banana, frozen, sliced into small chunks
½ avocado
Handful of parsley
1 cup kale or baby spinach
1 tablespoon ground flax seeds
1 tablespoon chia seeds
1 teaspoon cinnamon
Stevia, to taste
½ teaspoon vanilla (optional)

INSTRUCTIONS

Simply blend all the ingredients in a blender with 3-4 ice cubes (optional). If needed, add water to reach your desired thickness. Use organic produce whenever possible. Each smoothie recipe serves two people or can be used as a substitute for one large meal.

**** if possible use all organic ingredients...is best! ****

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