

Gut Healing Green Smoothie copy

8 ingredients · 5 minutes · 1 serving

Directions

1. Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

Notes

No Kale

Use spinach instead.

No Honey

Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy

Use almond milk instead of water for extra creaminess.

Storage

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

1 cup Pineapple (Or Frozen Mango is another option)

1 1/4 cups Water (cold)

1 cup Kale Leaves

1/4 Avocado (peeled and pit removed)

1 1/2 tsps Chia Seeds

1 tbsp Ground Flax Seed

2 tsps Hemp Seeds

1 tbsp Raw Honey

Nutrition

Calories	433	Cholesterol	0mg
Fat	22g	Sodium	68mg
Carbs	55g	Vitamin A	6671IU
Fiber	11g	Vitamin C	93mg
Sugar	33g	Calcium	195mg
Protein	13g	Iron	5mg