

Smart Choice Smoothie

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Organic Smoothie Ingredients

- 1 cup Kale
- 1 cup Spinach
- 1 stalk Celery
- ½ Carrot
- ½ Apple
- ½ Orange
- ¼ cup Parsley
- ¼ cup Cilantro
- ¼ cup Wild Blueberries
- 1 cup Purified Water
- 5 ice cubes

Frozen Fruits to Alternate (add ¼ cup of your choice)

- Strawberries
- Pineapple
- Cherries
- Mango
- Raspberries
- Mixed Berries

Superfoods (add a teaspoon of each)

- Amla Powder
- Spirulina
- Barley Grass Powder
- Flax Seeds (grind them fresh)
- Hemp Seeds (grind them fresh)

Directions

- Add water & ice cubes to Vitamix container
- Add choice of frozen fruit
- Add prepped mix of greens, veggies, & fruits
- Blend in Vitamix until smooth (add more water if needed)

