



GREEN SMOOTHIE

CREDIT:

Kirby Andersen

INGREDIENTS

1 cup filtered water
1 cup almond milk
Handful of spinach
1 banana
1 cup frozen strawberries
1/2 cup frozen blueberries

Optional:

1 scoop plant protein powder
1/2 cup ground flax seed
1/2 tablespoon raw cacao powder

DIRECTIONS

1. Combine ingredients in Vitamix in order listed above (add optional items after spinach).
2. Process on high speed 45-60 seconds until smooth.
3. Serves approximately 2 (12 ounce) servings.

HEALTH MINISTER CODE:

Hallelujah Acres (www.myhdiet.com)

If you create a new customer account (<http://bit.ly/18jUFtc>), please include my Health Minister Referral Code, GZD, where asked. This will connect you with me for better service.

