



Gut Healing Green Smoothie

2 servings

5 minutes

Ingredients

593 milliliters Water (cold)
42 grams Kale Leaves
1/2 Avocado (peeled and pit removed)
1 Banana (frozen)
12 grams Chia Seeds
13 grams Ground Flax Seed
40 grams Hemp Seeds
42 grams Raw Honey

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass 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.