

SMOOTHIES

CANCER-FIGHTING SMOOTHIE



INGREDIENTS

ICE

1 CUP KALE

1 CUP SPINACH

1 CUP FROZEN BERRIES

1 WHOLE FROZEN LEMON

3-4 APRICOT SEEDS

1/3 TEASPOON HEMP SEEDS

1/3 MACHA GREEN TEA POWDER

1/4 TEASPOON PROTEIN POWDER

1/4 TEASPOON TURMERIC

1-2 CUPS 100% ORGANIC SUGAR FREE JUICE (GRAPE, ACAI, OR POMEGRANATE)

DIRECTIONS

Add a glass full of ice to a blender

Add 1 cup of kale and 1 cup of spinach

Add 1 cup of frozen organic berries

Take a frozen lemon with the peel and add into the mix

Add 3-4 apricot seeds and 1/3 teaspoon of hemp seeds

Include 1/3 teaspoon macha green tea powder, 1/4 teaspoon protein powder, and 1/4 teaspoon turmeric powder

Lastly add 1-2 cups 100% organic sugar free juice (grape, acai, or pomegranate)

Sip and enjoy!