

SMOOTHIES

# Low-Sugar, Anti-Cancer Smoothie



## INGREDIENTS

- ½ teaspoon Matcha Powder
- ½ tsp Hemp Seeds
- 1 cup organic spinach
- ½ tsp Ground Turmeric
- 1 cup organic kale
- ½ tsp flax seeds
- 1 cup frozen organic berries
- 1 organic whole lemon (frozen with peel)
- 6 whole apricot seeds
- 1 scoop protein powder
- 1 cup fruit juice\*
- ¾ cup water
- 1 packet Frozen Organic Acai (unsweetened)

## DIRECTIONS

Add all ingredients into a blender and blend until reaching liquid form.

Sip and enjoy!

\*For lower sugar intake replace fruit juice with 1 cup of Kombucha or 1/2 cup of Kombucha