



Gut Healing Green Smoothie

2 servings

5 minutes

Ingredients

- 2 1/2 cups Water (cold)
- 2 cups Kale Leaves
- 1/2 Avocado (peeled and pit removed)
- 1 Banana (frozen)
- 1 tbsp Chia Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 2 tbsps 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.