



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.