



GENESIS
-HEALTH REVOLUTION-

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Freds Favorite Green Smoothie

DIRECTIONS:

-Blend all together until smooth.

NOTE:

This smoothie is an Omega 3, antioxidant, protein packed way to start your day.

- 1 - 2 Frozen Bananas
- 1 Cup Frozen Blueberries
- 1 Tbs Hemp seed
- 1 Tbs Sunflower seed
- 1 Tbs Pumpkin seed
- 1 Tbs Chia seed
- 1 Tbs Sesame seed
- 1 Tbs Ground Flax seed
- 1 -2 Cups of Spinach, Kale, or Chard. Ribs removed
- Unsweetened plant based milk, enough to blend smooth (approx 2 C)
- 1/2 Scoop protein powder (optional)



