

Antioxidant Power Green Smoothie Recipe



Ingredients

- 8 oz packet of Organic Antioxidant Blend Frozen Fruit or 2 cups of frozen berries of your choice. (note: The Antioxidant Blend contains strawberries, cherries, blueberries, raspberries & pomegranate)
- 3 cups packed Organic Power Greens or any green leafy vegetable of your choice. (note: Power Greens is a mix of chard, spinach & kale)
- 2 cups ice cubes
- 2 cups of coconut milk or any unsweetened nut milk of your choice.
- 1/4 cup hemp hearts
- 1/2 avocado
- 1 tablespoon chia seeds
- 1 tablespoon lemon juice
- 1/2 teaspoon cinnamon

Directions

- Combine all ingredients into a Vita-Mix or other high speed blender.
- Blend until completely smooth. It should only take 2 minutes, but it will take longer if you are not using a high speed blender.
- Pour into glasses and serve with straws.
- Makes enough for three 16 oz. glasses.

Dairy Free
Gluten Free