



Gut Healing Green Smoothie

1 serving

5 minutes

Ingredients

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

Nutrition

Amount per serving	
Calories	376
Fat	22g
Carbs	42g
Fiber	10g
Sugar	24g
Protein	11g
Cholesterol	0mg
Sodium	22mg
Vitamin A	1124IU
Vitamin C	30mg
Calcium	149mg
Iron	3mg

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.