



Prep	Cook	Ready in	Servings
5 min	0 min	5 min	3

Cleansing Green Smoothie

A delicious smoothie to start your morning! Anti-allergenic, anti-inflammatory, Liver supporting properties

Ingredients

- 1 medium Banana (s)
- 1 cup Kale
- 1 cup Frozen strawberry
- 1/2 cup Coconut water, unsweetened, ready-to-drink
- 1 avocado(s) Avocado
- 2 tbsp Parsley, fresh
- 2 tbsp Hemp seeds, shelled
- 1 tbsp Chlorophyll Liquid
- 2 cup Water
- 1 tbsp Chia seeds (ground)

Instructions

Add all ingredients to a high powered blender

Blend!