

# Smoothie



## Ingredients:

1 cup baby spinach or kale

2 cups frozen fruit, any combination

¼ cup flax or chia seeds, or soaked nuts

2 cups water, plant milk, or fruit juice

1 banana, yellow, or 2-3 Medjool dates, pitted

## Directions:

Blend ingredients.

Good combinations for the 2 cups of fruit: strawberry + blueberry, mango + peach, pineapple + mango + strawberry, mango + strawberry +( orange juice for the liquid), mixed berries, strawberry + banana,