

## Green Powerhouse Smoothie

Except for the color, which is an intense green, you would never know it had greens in it !! Your body will love you for it !!

Serves one

### Ingredients:

3 leaves of Kale – (deveined) or one large handful baby spinach  
1 ripe banana (can use frozen)  
1 quarter to 1 half inch of fresh ginger root, to taste  
1 cup almond or rice milk  
1 cup water  
2 tablespoons hemp seed hearts (for added protein, optional)

### Directions:

Place all ingredients in blender.

### Variations:

## Berry Berry Green Smoothie

### Ingredients:

3 leaves of Kale – (deveined) or one large handful baby spinach  
½ cup frozen strawberries  
½ blue berries or raspberries  
1 tsp vanilla  
1 cup almond or rice milk  
1 cup water  
2 tablespoons hemp seed hearts (for added protein, optional)

### Directions:

Place all ingredients in blender.

