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Kolzbacher Basic Green Smoothie

Ingredients

4 cups of water

1 banana

2ish cups of mixed berries

2-3 handfuls of your favorite greens (kale, spinach, Swiss Chard, collard greens, dandelion greens, beet greens, etc)

Instructions

In a high speed blender mix all ingredients until well blended. Add any of the following powerhouse foods to your smoothie if desired:

- Chia Seeds
- Cinnamon
- Cacao
- Chlorella
- Spirulina
- Hemp seeds
- Substitute some water for coconut or almond milk

think outside the box

