

## **Life-changing Green Smoothies**

Recipe by Brooke Goldner, MD - <https://smoothieshred.com/smoothie-recipes/>

This recipe applies to whatever size you want to make because it is proportional: 75% greens, 25% frozen fruit

### **INGREDIENTS:**

- Organic dark leafy greens of choice: kale, chard, power greens mix, spinach, etc
- Organic frozen banana, mango, or pineapple
- Organic frozen mixed fruit of choice (strawberries, peaches, or blueberries)
- Organic Chia or flax seeds
- Filtered water

### **METHOD:**

1. Fill your high powered blender cup with 75% greens, pack them in
2. Pour water in to the height of the greens
3. Add ¼ cup of chia or flax seeds
4. For the other 25% of the container, add a frozen banana, some frozen mango chunks, or frozen pineapple chunks and other frozen fruit of choice
5. Blend thoroughly and drink!

### **Extra Great Add-Ins:**

A nickel-sized chunk of fresh organic ginger, ¼ tsp turmeric + pinch of black pepper, fresh organic basil or mint leaves, organic lemon or orange peel

Consume 1-3 per day for anti-inflammatory benefits

You can make the night before for the next day, stored in the fridge