



GREEN STRENGTH SMOOTHIE

Prep time: 50 sec | Serves: 1

INGREDIENTS

- 1 small frozen banana
- ½ cup frozen strawberries
- 2 cups chopped spinach
- 1 cup organic unfiltered apple juice
- ½ cup coconut water
- 1 teaspoon spirulina powder

STEPS

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Place all ingredients in blender and blend on high speed until smooth.

NUTRITION DATA

263 calories | 1.3g fat | 63.2g
carbs | 4.4g protein | 7.2g
fiber | 43.3g sugars | 185mg
sodium



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Source: Outback Vision Protocol