



GREENS WITH A KICK SMOOTHIE

Prep time: 50 sec | Serves: 2

INGREDIENTS

- 1½ cups frozen blueberries
- ½ cup chopped avocado
- 1 cup fresh chopped kale
- 1 cup coconut water
- 2 teaspoons raw honey
- 1 teaspoon cinnamon

STEPS

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

NUTRITION DATA

200 calories | 7.8g fat | 33.5g
carbs | 3.5g protein | 7.5g
fiber | 19.9g sugars | 144mg
sodium



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Source: Outback Vision Protocol