



# GREEN ISLAND DREAM

*Prep Time: 30 seconds plus overnight refrigeration | Serves: 2*

## INGREDIENTS

- 2 cups fresh chopped kale
- ½ cup chopped broccoli
- 1 small banana
- 1 cup coconut water
- 2 tablespoons bee pollen
- ¼ cup dried goji berries

## NUTRITION DATA

318 calories | 0.5g fat | 77.5g carbs | 14g protein | 14.2g fiber | 35.7g sugars | 173mg sodium

## STEPS

01

Place all of the ingredients in the blender and refrigerate overnight.

02

Pulse several times then blend on high speed for 30 to 60 seconds.



**DR. GORGE J HOLISTIC HEALTH AND HEALING**

drgeorgej.com  dr.georgej  drgeorgej

*Source: Outback Vision Protocol*