



GREENS GALORE SMOOTHIE

Prep time: 50 sec | Serves: 2

INGREDIENTS

- 2 small frozen bananas
- 1 small green apple, cored
- 1 small pear, cored
- ½ cup fresh chopped spinach
- ½ cup fresh chopped kale
- ½ cup chopped romaine lettuce
- 1½ cups coconut water
- 1 tablespoon flaxseeds
- 1 teaspoon fresh lime juice

NUTRITION DATA

251 calories | 2.1g fat | 58.8g carbs | 4.3g protein | 10.8g fiber | 35.5g sugars | 206mg sodium

STEPS

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



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Source: Outback Vision Protocol