



ORCHARD GREEN SMOOTHIE

Prep time: 50 sec | Serves: 2

INGREDIENTS

- 6 large carrots
- 1 cup frozen strawberries
- 2 seedless oranges, peeled
- ½ cup fresh chopped spinach
- ½ cup fresh chopped kale
- Juice from ½ lemon
- ¼ teaspoon freshly grated ginger

NUTRITION DATA

212 calories | 0.6g fat | 50.9g
carbs | 4.8g protein | 11.7g
fiber | 31.7g sugars | 166mg
sodium

STEPS

01

Feed the carrots through a juicer and collect the juice in a small container.

02

Add the carrot juice to a blender along with the rest of the ingredients.

03

Blend on high speed for 30 to 60 seconds, or until smooth.

04

Pour into glasses and serve immediately, or store in the refrigerator for up to 3 days.



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Source: Outback Vision Protocol