



STRAWBERRY SPINACH POWER

Prep Time: 50 seconds | Serves: 2

INGREDIENTS

- 1½ cups coconut milk
- 5 strawberries, sliced
- ½ cup packed baby spinach
- 4 or 5 ice cubes

STEPS

01

Combine all of the ingredients in a blender and blend until smooth.

02

Divide between 2 glasses and serve, or store in the refrigerator for up to 4 days.

NUTRITION DATA

90 calories | 6.2g fat
8.2g carbs | 0.8g protein
3g fiber | 3g sugars
12mg sodium



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Source: Outback Vision Protocol