

## **BASIC GREEN SMOOTHIE RECIPE**

In your blender pour in 2 cups great quality cold water.

Add 2+ cups of “leaves” (spinach, mixed salad greens, kale, collard greens, Swiss chard, etc.) Must be organic!

Add 1 at a time the quarters of 1 large organic apple or 2 to 3 small ones

½ of a ripe avocado (I use ½ a large California or 1 whole small California)

Juice from ½ of a lime or a lemon if you want to

## **HOLIDAY GREEN SMOOTHIE RECIPE**

2 cups great quality cold water

2 to 4 cups organic baby spinach

1 large or 2-3 small organic red apples

1 small California avocado or ½ of a large one

Juice from ½ lemon or lime

1 quarter cup goji berries

1 stalk organic celery

1 small clump of broccoli-sprouts

½ cup pomegranate juice

I also like to add fresh herbs such as basil, dill, oregano, cilantro, and thyme. Or whatever I have on hand. BTW, this is a serious high powered super food drink with excellent detoxification properties. And it tastes good!

As I mentioned last year, this makes two to three servings. I store mine in glass – Ball canning jars. One serving plus a piece of chicken or whatever makes a quick lunch.