



Recipes

Juices/Teas

Green Lift Smoothie

Prep Time: 5 minutes

Cooking Time: None

Yield: 2 servings

Ingredients:

- 1 bunch of kale, finely chopped
- 1-2 grated carrots
- 3 cups boiled water
- 1 cup coconut milk

Directions:

1. Add kale, carrot and water to a blender and puree very well, about 2 minutes.
2. Add coconut milk and blend for 10-15 seconds more.
3. Serve warm or place in the fridge and serve chilled.

Note:

Add a slice of ginger or a dash of cayenne pepper for an added kick.