



# Recipes

## Beverages

### **Green Ginger Smoothie**

*Prep and Cook Time: 30 minutes*

*Yield: 1 serving*

#### **Ingredients:**

- 1 organic granny smith apple or one pear cut into chunks
- 2 cups of kale, swiss chard or spinach leaf
- Juice of 1 fresh squeezed lime or lemon
- 1 small handful of cilantro leaves
- Juice of one fresh squeezed orange
- 2 teaspoons grated fresh ginger
- 1 teaspoon Flax or coconut oil
- 2 teaspoons Karen's super seed medley

#### **Directions:**

1. Add juice of one fresh squeezed orange in food processor or blender. Then add remaining ingredients and blend on medium-high.
2. Add ice and blend until the smoothie reaches your desired consistency.