



Favorite GREEN SMOOTHIE

Makes 4 servings

2 c water

6 c PowerGreens (combo kale/spinach)

Blend on high for 15 seconds for smooth texture

Add:

2 heaping scoops of [Strawberry Whey Protein Powder](#)

1 apple, cored, quartered

1 banana, peeled

1 c frozen dragon fruit

1 ½ c frozen blueberries

OPTIONAL: 2 tablespoons ground flaxseeds