



# MY GREEN SMOOTHIE

BEST EVER

TRUST IN LIFE COACHING  
SUSAN LAMB

## BEST EVER GREEN SMOOTHIE

THANK YOU FOR CHOOSING MY SMOOTHIE RECIPE.

- 5 oz of greens, (baby kale or power baby green, or spinach)
- 1 cup almond milk or any non-dairy milk
- 1 cup frozen berries any berries, also can add ½ frozen banana or both
- 2 pitted medjool dates, this will sweeten it up don't use over 3.
- 1 TBLs each- chia seed, ground flax & hemp seed (hemp is expensive so optional)
- ¼ tsp turmeric - dash of black pepper (pepper activates turmeric )

### BLEND

In high speed blender, (I use a Ninja) put the full 5 oz package of greens, at all the rest of the ingrediencies. Blend, ADD WATER AS NEEDED for the consistency you want.

You can use any kind of berries you like, and a ½ of a banana, I buy banana's peel them and freeze them just for smoothies. I really love the power greens it has a mixture off all the baby greens. If you use mature kale your smoothie will be thick and you may have to chew it. I love the baby greens due to they blend well.

The smoothie has your serving of raw greens in it, your fruit, your omega 3's with the seeds, anti-inflammatory with the turmeric! You are set for the day! Within 3 to 7 days you will feel the energy starting to build in your system! This is a detoxing smoothie also so you may feel flu like the first couple of days, it's ok its all the toxins leaving your body, keep making your smoothie you will feel amazing!!!

Thank you,

Susan

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