



Green Drink

Ingredients:

1 Frozen Banana
1 Apple
1 Pear
Handful of Kale or Spinach
¼ head Romaine Heart
½ cucumber
2 tablespoons Hemp Seeds
Parsley (optional)
½ Celery Stalk (optional)
¾ cup water
¾ cup coconut water or aloe juice

Directions:

1. Blend all ingredients and drink