

Super Smoothie

*This smoothie is packed with antioxidants.
It's a healthy and delicious way to start your day!*

Makes one serving:

- ½ large, peeled, frozen or fresh banana, broken into chunks*
- ½ cup fresh or frozen berries*
- ½ -1 cup water – start with ½ cup and add more if you prefer a thinner consistency
- 2 teaspoons nut butter (peanut, almond or cashew butter)
- ¼ cup fresh, packed spinach leaves or other dark, leafy green like chard or kale (thick stems removed)
- 2 teaspoons ground flaxseed and/or hempseed

Place all ingredients in blender. Blend on high speed until consistency is smooth. Pour into a glass, serve and enjoy!

Notes:

- The temperature of the smoothie is best if either the banana chunks or the berries are frozen. If neither is frozen, you may add an ice cube to the blender.
- If additional sweetness is desired, add a teaspoon of local honey or ¼ cup cloudy apple juice.
- If additional protein is desired, add protein powder (whey, rice, hemp, soy) or organic, plain yogurt.

Nutrition Facts:

- Calories: 180
- Carbohydrates: 28 grams
- Fiber: 6 grams
- Protein: 5 grams
- Total fat: 8 grams