

Basic Smoothie Recipe

Ingredients

- 1 cup Milk (coconut, almond, oat or any other milk substitute. Water works too! I used oat milk)
- 1 banana, avocado or yogurt for creaminess (I used banana & yogurt)
- 1 cup of fresh or frozen fruit of your choice (blueberries, strawberries, mango, apple and kiwi are all fine. I used cherries, mango, raspberries and strawberries)
- 1 cup veggies (Kale, spinach, beets & red cabbage. I used all of these.)
- Optional: Chia seeds, Hemp seeds, Flax seeds, honey or maple syrup (I added Chia, Hemp & Flax)
- ½ cup of orange juice (add more to taste)

Instructions

Chop the veggies as finely as you can. Add all the ingredients to the blender and blend well. If it's too thick, add more milk or water. Serve immediately. Any leftovers can be used to make popsicles and/or placed in a mason jar or other air tight container to be refrigerated for up to three days.