

Intro To Green Smoothies

More Greens in a glass than you could eat on your plate. Makes a perfect Lunch Box pick me up and children just seem to love foods in pouches.

This recipe is a perfect introduction to the Green Smoothie, and it's so simple. It's so sweet that if you closed your eyes and drank it, you would not even realise it was green.

Green Smoothies are nutritious and a great way to get more greens into your diet. They are an excellent source of non-dairy calcium, magnesium and also vitamin C. Adding greens to a smoothie introduces Chlorophyll into your system quickly. Chlorophyll is known as "plant blood" and is very closely aligned with human blood. Chlorophyll acts as a blood cleanser and detoxifier. It helps fight infection, helps with skin problems and is anti-inflammatory.

You and your child will benefit from having a daily green smoothie. You will experience an increase in energy levels and it's great for your skin tone too.

Ingredients

- 1 frozen banana
- 4-5 strawberries (or small handful frozen berries)
- 1 handful of baby spinach
- 1 tablespoon raw honey
- 1 tablespoon Chia Seeds
- 500 ml of filtered water

Directions

1. Throw everything into a food processor and blend until smooth and creamy.



Helpful tips.

- If your blender isn't strong, you may want to blend just the banana's first
- If this recipe tastes too green for you, add more frozen berries to the mix.
- As your tastes change, experiment by adding extra varieties of greens to build the amount of greens. Be patient with yourself. Add them one at a time and adjust for your taste.
- Buy organic produce if you can. If you can't, remember to wash your greens properly, especially because spinach as it's one of the most sprayed vegetables.
- A high consumption of Spinach may produce oxalic acid that some people react to. For this reason, it is recommended that you should rotate your greens frequently.

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