



Lisa's Favorite Things GREEN Smoothie

Yields: 2 Servings

Ingredients:

- 2 large handfuls of spinach and/or kale
- 1 avocado
- $\frac{1}{2}$ cucumber, diced
- 2 tbsp hemp seeds (or flax, chia)
- 1 cup fresh or frozen pineapple (or mango)
- 1 orange (or lemon)
- 2 sprigs of mint
- 1" piece of ginger (or more)
- 2 cups coconut water
- 4-6 dates (depending on sweetness)
- Ice

Directions:

1. Add all ingredients to a blender and blend well
 2. Extra boosters: favorite protein or greens blend
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