

Herbal Legacy Recipes

GREEN MONSTER

INGREDIENTS:

- 2 C. organic spinach
- 1 C. Almond milk (soak almonds over night, rinse and blend with water)
- 1 T. Chia seeds
- 1 banana
- ice (optional)

DIRECTIONS:

1. Blend spinach, Chia, banana, and almond milk.
2. Blend until liquefied.
3. Drink immediately.

Fresh is best!



Herbal Legacy Recipes

<http://www.herballegacy.com/Recipes.html>

© Copyright 2008 Herbal Legacy