

# Herbal Legacy Recipes

## Green Smoothie

By Jo Francks, MH



In a blender add a ripe banana and a pear or any other fruit you would like such as grapes, apple, berries etc. Now add leafy greens of your choice to fill the blender to the top. I like kale and spinach mixed. Try fresh dandelion, plantain, alfalfa, comfrey, amaranth, lambs quarter, collard etc.

Add water halfway to the top and about a tablespoon of agave, maple syrup or honey (optional). Cover with lid and blend for a minute or two until it is smooth.

Herbal Legacy Recipes

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

© Copyright 2010 Herbal Legacy