

Herbal Legacy Recipes

Doreen's Basic Green Drink

by Doreen Spackman, M.H.

INGREDIENTS:

- 2 cups fresh cut up pineapple or 1 can Pineapple w/juice
- 2 T Chia seed
- 1 T Flax seed
- 1 Apple
- 1 Banana
- 8 ounces water
- 3 ounces soy/almond/or rice milk
- 12 ounces spinach
- 1 large handful of pre-soaked almonds
- 1 T Agave or Honey-I just pour it out of the container exact measurement is not necessary.
- 8 ice cubes

DIRECTIONS:

Blend until smooth usually 90 seconds in a high powered blender.

I usually freeze the banana and I often add more fruit when in season. In the fall I will add 3 pears or 1 cup of blueberries, strawberries and raspberries are a must when they are sweet and ripe.

One other fun addition is 1/8-1/4 of an organic lemon put in rind and all, it adds some zip to your drink.

This is simple and easy to make so have fun making it and enjoy your nutritious drink!!!

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