

Herbal Legacy Recipes

Green Smoothie

From Original Fast Foods by James & Colleen Simmons
<http://www.christopherpublications.com/OriginalFastFood.html>

Yield: 1 Gallon

Ingredients

- ¾ lbs spinach or other leafy greens of choice
- 3-4 cups water or juice
- Blend of seasonal fruits: orange, banana, pineapple, strawberries, etc.
- 2 T ground flaxseed (optional)

Directions

Combine fruits, juice, and flaxseed into blender and blend. Add leafy greens as contents are blending. Blend until smooth and blend well. Adjust water or juice until desired consistency is achieved (thick or thin). This is a highly mineralizing and nourishing natural protein drink.

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