

# Herbal Legacy Recipes

## Green Smoothie



Yield: 4 servings

### Ingredients:

- 2 bananas
- 3 oranges, peeled, quartered
- 1 head romaine lettuce
- 4 cups cold water

### Directions:

Place all ingredients in blender (we recommend Vita-Mix or Blend-Tec) in order listed. Secure lid. Blend for about 1 minute or until smooth.

Serve immediately

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

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