

Herbal Legacy Recipes

Robyn's Template Green Smoothie Recipe

Yield: 3 quarts

Ingredients:

- 2 ¾ cup water and ice
- ¼ cup raw, organic stevia
- Greens
- Fruit

Directions:

Add water, ice and stevia to blender.

Add greens and blend until smooth up to the 6-cup mark in the blender (VitaMix or BlendTec are best).

Greens can be spinach, collards, kale, chard, greens from turnips/beets, weeds like dandelion or purslane, or lettuces.

Add fruit and blend up to 9+ cups.

Fruit can be anything, though my favorites are 1-2 bananas, 2+ cups frozen mixed berries, and then whatever fruit I have on hand.



Herbal Legacy Recipes

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

© Copyright 2010 Herbal Legacy