

Refreshing Coconut Lemon Smoothie

1 frozen banana
1 Tablespoon Chia seeds
2 Tablespoons dried shredded unsweetened coconut
1 Medjool date that has been pitted
1 teaspoon Jurassic Green
1 Tablespoon fresh lemon juice
2 teaspoons fresh grated lemon peel
3/4 cup almond milk
1 cup coconut water ice cubes (this is done by pouring coconut water into your ice cube trays and freezing.) You can also substitute with regular ice but the coconut water makes this smoothie amazing!

Combine all ingredients in your blender and blend until smooth. Makes 1 serving.

Adapted from a recipe from Nutrex-Hawaii (Tonya Judd)

