



SHELLEY AMATO, RD
INTEGRATIVE NUTRITION

Healthy Green Smoothie Recipe

Ingredients:

2 cups kale or spinach

½ avocado

½ banana

½ apple

1-2 tbs hemp seeds/flaxseeds or chia

½ tsp cinnamon

1-cup coconut water (no sugar added) or water

*Best when blended with ice

Healthy Tip: **Double** the recipe for breakfast tomorrow as well!

Note: Discuss with RD if you are on Coumadin and/or you have high blood potassium levels.

