



## ***Smoothies***

<b>Wild Blueberries and Kale</b>	<b>Power Greens and Raspberries</b>
½ cup kale	½ cup of power greens (kale, spinach, chard)
½ cup of wild blueberries	½ cup raspberries
1 heaping tablespoon of chia and ground flax seeds	1 cup protein powder (plant based if possible)
1 banana	1 banana
1 cup of flax milk	1 cup sesame milk
Stir all ingredients in a mini processor or blender and enjoy!	Stir all ingredients in a mini processor or blender and enjoy!
<i>Make these your own! Change up the greens or fruits. Experiment!!</i>	
<i>Cheers to your health!!</i>	