



GREEN DREAM SMOOTHIE



Ingredients

- ½ ripe avocado (or frozen chunks)
- 1 medium pear (fresh or frozen)
- 1 medium banana (fresh or frozen) or 1–2 pitted Medjool dates
- ½ cup raw spinach, romaine, or kale (stalks removed)
- 1-inch piece of ginger root
- 1 cup unsweetened milk of your choice
- ¼ tsp ground cinnamon

Instructions

1. Place all ingredients in a blender and blend until smooth.
2. If the smoothie is too thick, add more liquid to reach your desired consistency.
3. Serve immediately and enjoy or freeze in popsicle molds.

Optional ingredients

- ½–1 tsp spirulina powder or moringa powder to supercharge your smoothie, keeping in mind that it may alter the taste (Start with a smaller amount and adjust to your preference.)
- 1–2 tbsp ground flaxseeds, chia, or hemp seeds for extra fibre and added nutrients
- 1 scoop of protein or collagen powder to help stabilize blood sugar levels
- 1 tbsp nut butter for extra protein and healthy fats
- ¼ cup old-fashioned rolled oats for extra fibre and thicker texture
- 1 tbsp honey or pure maple syrup for additional sweetness and extra nutrients

