



Dr. Cindy's Super Energy Green Smoothie



Ingredients:

- 2 cups of fresh spinach, firmly packed
 - 2 ripe bananas
 - 2 TBSP of hemp hearts
 - 1 TBSP of coconut oil
 - 1 cup of frozen mangos
 - 1 cup of frozen pineapples
 - 2 cups of pure water

Place in Vitamix or other high powered blender and blend until smooth. Enjoy!

Recipe makes several large servings. OK to store in refrigerator for up to 2 days.