

# Michele Sodon

## THE GREEN MACHINE SMOOTHIE

208

Calories

5g

Protein

44g

Carbs

4g

Fat

1 cup water

1 cup baby spinach

½ cup kale (stems removed)

1 banana

½ cup frozen berries of choice

(blueberries used for nutritional information)

1 TBSP chia seeds

¼ tsp cinnamon

A little honey, maple syrup, or stevia to sweeten (optional)

1 serving of your favorite green superfood powder (optional)

Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.

## LEMON-LIME-KALE DETOX GREEN SMOOTHIE

149

Calories

2g

Protein

39g

Carbs

1g

Fat



1 cup water

½ lemon, peeled and seeded

½ lime, peeled and seeded

1 fresh or frozen banana

1 cup kale, stems removed

1 tsp honey

Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.