

**Green Power Smoothie**

**Ingredients:**

* 3-4 cups spinach or other greens
* 1 cup unsweetened vanilla almond milk
* Handful of ice cubes
* ½ of a frozen banana

(you can peel, cut ripe bananas in ½, freeze)

* ½ cup of frozen berries
* A little more water? About 8 oz more
* 1 ½ T ground flax seed, ½ T chia seeds

**Directions:**

Blend for at least 2-3 minutes.  Great for breakfast or refrigerate and sip on it during the day, have it around lunch time, etc. 

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