

Healthy Hits the Spot



Paige's Favorite Green Smoothie

- 1 Organic Banana
- 1 Cup Almond Milk, Preferably Homemade
- 2 Handfuls Organic Baby Spinach
- 2 Tbsp. Ground Flaxseed Meal
- 1/2 De-Stemmed Kale Leaf
- 1 Scoop Protein Powder
- my favorite is Sunwarrior Vanilla
- Water to Thin the Smoothie Out



Note: I pour filtered water over the ingredients until they're totally covered - I like thin, easy to drink, delicious smoothies! If you like thicker smoothies, use less water. Xo.
Enjoy!

Cheers!

Paige

