

## 40 oz. Green Smoothie

- **Fill blender to 16 oz. line with water**
- **Add 1-2 T of ground flax seed**
- **Add 2 handfuls of spinach**  
(once used to the taste, slowly add more and more spinach until you can fill up the blender with it and then blend)
- **Add 1 handful of kale and blend well**  
(once used to the taste, slowly fill up the blender with more and more kale and then blend)
- **Add one large banana**  
(half an apple is optional, but adds more sweetness)
- **Add ¾ cup of Great Northern White beans** (half a can drained and rinsed, if using canned beans)  
(We freeze our white beans and bananas together in small ziplock freezer bags to make our smoothies more icy and thick)
- **Add two small handfuls of blueberries**
- **Add 3-4 handfuls of desired fruit (strawberries, peaches, mangos, etc.)**
- **Blend**  
(If blender gets stuck, add frozen fruit in more slowly between blending or buy a better blender)