

# Green Drink

**This is a great tasting way to get your servings of vegetables at any time of the day...including breakfast!**

1/4 cup of water  
Juice of 1 lemon  
Kale  
Baby Leaf Spinach  
1/2 Cucumber  
Parsley  
1 Banana  
Frozen Berry Mix  
Frozen Tropical Fruit Mix  
Protein Powder



-Blend together in blender with ice to a smoothie texture

\*You can also look up on YouTube for videos of green drinks. That is where Drs. Quintin and Katie got this recipe

\*add as much or little of fruit or veggies to taste

\*all veggies and fruit can be substituted

(Drs. Quintin and Katie use about 3 stalks of kale, a couple handfuls of spinach, a small amount of parsley, about 1/4 cup berry mix, 1 handful of tropical fruit mix. They don't use exact measurements, but this will give you an idea of what they use.)