

Mark's Kitchen

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The Real Deal: A Green Smoothie

Smoothies are the new fast food! But they've gotta be made with intention. That means low-glycemic fruit, healthy fats and mostly greens. I'm teaming up with @globalsmoothieday to celebrate the new (healthy) fast food - the green smoothie! The #globalsmoothieday mission is to raise awareness of whole food blended nutrition in a way that's easy and FUN. Join us on October 3rd for [global smoothie day](#); and in the meantime, enjoy this delicious, fatty, healthy green smoothie.

Serves: 2

Prep time: 5 minutes

Ingredients:

- 2 cups dark leafy greens
- ½ cucumber, roughly chopped
- ½ avocado
- 1 teaspoon grated ginger
- 1 tablespoon mint leaves
- ½ red bell pepper, roughly chopped
- ½ cup blueberries
- 3 tablespoons pumpkin seeds
- 2 tablespoons hemp seeds
- 1 tablespoon chia seeds
- Juice of ½ lemon
- 2 cups filtered water

Step 1: Pop all of these beautiful ingredients into a blender and blend until smooth.

Step 2: Divide into two glasses and enjoy with your favorite person!

Nutritional analysis per serving: Calories: 267 • Fat: 19 g • Protein: 11 g • Carbohydrates: 15 g • Sodium: 33 mg

