



## Gut Healing Green Smoothie - Allons-y!

1 serving  
5 minutes

### Ingredients

- 1 1/4 cups Water (cold)
- 1 cup Kale Leaves
- 1/4 Avocado (peeled and pit removed)
- 1/2 Banana (frozen)
- 1 1/2 tsps Chia Seeds
- 2 tsps Hemp Seeds
- 1 tbsp Ground Flax Seed (optional)

### Directions

- 1 Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

### Notes

**No Kale,** Use spinach instead.

**Like it Sweet,** Use maple syrup, honey (1 tsp). Or even better, 1 or 2 pitted dates or extra banana to sweeten instead.

**Likes it Creamy,** Use almond milk instead of water for extra creaminess.

**Storage,** Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.