

## Lean and Green Smoothie

### Ingredients

equal parts frozen banana slices, mango chunks and strawberries  
Almond Milk  
Handful of baby spinach/kale salad mix  
2 Tbsp hemp powder

### Directions

Fill a 17-oz glass with the frozen fruit. Add almond milk to fill the glass, then transfer to a high-speed blender. Add greens and hemp powder and blend on high until smooth. You will probably have to push ingredients with plunger a few times to get the blending going. The color of this smoothie is not pretty, but the flavor and nutrients make up for that. Serves 1.

*cooking with care*

Cooking with Care by Amy Sokol - [www.cookingwithcare.com](http://www.cookingwithcare.com)