Berry Smoothie Drink

2 Cups Water as the base or
(Almond, Oat, or Hemp Milk)
1 Cup mixed greens
½ Banana
2 -3 Cups mixed frozen berries (strawberries, blueberries, raspberries, blackberries)
1 tbsp Flaxseed (ground)
1 tbsp Chia seed (ground)
½ tbsp. Cacao (dark nibs or ground)
Herbs (optional: mint, bee pollen leaves, goji berries, maca powder, pea protein powder)

Jen’s Green Smoothie Drink

1 serving equals a mason jar (to give you an idea)

2 Cups Water as the base or (Almond, Oat, or Hemp Milk)
2 -3 Cups Greens, superfood greens (kale, chard, spinach)
Handful: Dandelion greens (optional)
½ Banana
¼ tsp Turmeric powder
1 tbsp Flaxseed (ground)
1 tbsp Chia seed (ground)
½ tbsp. Cacao (dark nibs or ground)
Herbs (optional: mint, bee pollen leaves, goji berries, maca powder, pea protein powder)