Green Smoothie



INGREDIENTS

- 1 large handful of kale
- 1 large handful of chard, chijimisai or spinach.
- 1 banana
- 1 green apple (cored)
- 1 cup of coconut water
- Optional (plant based or whey protein)

INSTRUCTIONS

1. Add all ingredients and a handful of ice. Blend.

Stone Circle Farm, 2023