

Green Electrolyte Smoothie

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 banana
- 1 pear or apple
- 1 cup fresh spinach
- 3/4 cup pineapple
- 1/2 tsp fresh ginger root*
- 1/4 cup hemp seeds or your fave protein powder
- 1 cup coconut water (just use water if you don't have this)
- 1/2 coconut milk (swap with any other milk ie. almond or hemp if you don't have this)

Instructions:

1. Place all your ingredients into a high powdered blender and blend away until fully combined!

Notes:

*I sliced about a pinkie size chunk of ginger root and tossed that in to my blender whole.