

Simple Green Smoothie

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 cup frozen pineapple
- 1/2 cup frozen avocado cubes or 1/2 ripe avocado
- 1 cup leafy greens (any kind)
- 2 stalks celery
- Half a cucumber
- 1 tbsp nut or seed butter
- 1/4 cup hemp hearts
- 1 tbsp ground flaxseeds
- 3-4 fresh mint leaves
- 1/2 tsp ground cinnamon
- Non-dairy milk to desired consistency
- Optional: 1 tbsp raw honey or stevia to sweeten

Instructions:

1. Place all the ingredients into a blender and blitz until smooth and creamy.

Notes:

Serves 1