

Core Wellness Green Smoothie Recipe

"A Hoffman Family Staple!"



Stack blender in the following order:

- * 1 large diced green granny smith apple (we include peel because we use organic)
- * ½ peeled and cut up lemon (lemon keeps smoothie from tasting flat)
- * ½ to whole avocado (binds smoothie so it doesn't separate, gives it good fat)
- * Fill the rest of the carafe full to top with romaine, spinach, kale or mixture of your favorite greens)
- * Fill 3/4 of carafe with water
- * Add 4 or 5 ice cubes

Blend *thoroughly* and ENJOY in a nice glass!

Optional ingredients and variations include:

- * 1" round slice of fresh pineapple diced up (core optional)
- * BERRIES - Use ALL kinds! Lower sugar hit and more anti-oxidants.
- * Banana - although a slightly higher glycemic index it's a great starter fruit because is sweetness. Plus you can get them on sale for cheap when over ripe and freeze them.
- * Celery - great for liver and gut and high anti-oxidant value
- * Cucumber - anti-inflammatory, anti-cancer, all around winner for younger, healthier cells.
- * Dandelion greens (bitter so be ready but VERY good to add for medicinal value)
- * Chopped fresh ginger root (about a square inch peeled and diced. Strong anti-inflammatory.)
- * Coconut water - lots of electrolytes and great taste
- * Use your imagination but keep it heavy on the greens and not overly sweet :-)

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