

High C's Green Smoothie

Yield: 5 cups (40 ounces)

The Ingredient List

2 cups	Water, filtered and cold
1/2	Cucumber
1 whole	Kiwi, peeled and rough chopped
3 leaves	Kale, small to mid-size, stems removed (1 gram protein)
1 handful	Spinach, large handful (6 grams protein per cup)
1 whole	Banana, frozen
1 whole	Orange, small to mid-size, peeled
1 cup	Mango, frozen
1 Tablespoon	Honey, raw and local
1 Tablespoon	Chia seeds, soaked in 1 cup water, 30 minutes (3 grams protein)
1/4 cup	Almonds, raw unsalted (7 grams protein)
1/4 cup	Pumpkin seeds, raw unsalted (9 grams protein)

The Preparation Method

Using a blender, place all ingredients in the canister. Blend for 30-40 seconds. Thin with more water if needed.

Protein

Approximately 26 grams of protein.