

NSK Gut Healing Green Smoothie

9 ingredients · 5 minutes · 2 servings



Directions

1. Combine all ingredients into a high powered blender (open and empty the probiotic capsule if using) and blend until very smooth and creamy. Divide into glasses and enjoy!

Notes

Greens

Try spinach, kale, fresh parsley, arugula, or cilantro.

Vegetarian/Vegan

Omit the collagen and use a single ingredient plant-based protein powder.

No Honey

Use maple syrup, dates or a banana to sweeten instead.

Likes it Creamy

Use canned full-fat coconut milk instead of water for even more creaminess.

Storage

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

| | |
|------------|----------------------------------|
| 2 1/2 cups | Water (cold) |
| 2 cups | Dark Leafy Greens |
| 1/2 | Avocado (peeled and pit removed) |
| 1 cup | Frozen Mango |
| 1 piece | Fresh Ginger (1 inch peeled) |
| 2 tbsps | Collagen |
| 2 tbsps | Hemp Hearts |
| 2 tbsps | Raw Honey |
| 1 | Probiotic Capsule (Optional) |