

# TOTAL HEALTH SMOOTHIE

SERVES (2)

This smoothie maximizes the nutritional power of green vegetables with omega-3 fatty acids in form of flax meal.

Think of it as a liquid salad. Start your day with this smoothie and you'll feel energized and clear headed.

## INGREDIENTS

- 1 tablespoon flax meal or flax oil
- 3/4 cup coconut water
- 1 cup packed spinach
- 2 cups romaine lettuce
- 3 -inch peeled cucumber (skin is bitter)
- 1/4 cup packed parsley leaves, stems removed
- 1/2 avocado
- 2 tablespoons lime juice
- 1 cup filtered water
- 1 small apple, peeled and cored
- Pinch of salt
- Ice cubes
- \*liquid drops of stevia optional

## METHOD

Presoak flax meal (if using) in a small bowl with coconut water. Allow soak for 3-5 minutes or until soft. Do not drain. Meanwhile prep remaining ingredients. Blend all ingredients in a high speed blender until smooth. Adding water is you prefer a more liquid smoothie or the ice cubes.