

DR. KRISTINA CARMAN'S GREEN SMOOTHIE

Ingredients:

- 1 frozen banana
- 1 cup of spinach or kale
- 300 ml almond milk (or your preferred milk)
- 2 tablespoons homemade protein powder
- 1 tablespoon moringa powder (or any green powder you like)
- 2 tablespoons peanut butter
- 3 teaspoons fresh ginger
- 1 teaspoon maple syrup
- 1 teaspoon vanilla extract (optional)
- ½ teaspoon cinnamon

Directions:

Blend all and enjoy!

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