

# Kristen's AM Super Smoothie

Serves: 2

## Ingredients

1/2 a lemon

1/2 cup frozen pineapple berries, mango, banana or other fruit).

1/2 apple

1/2 cup parsley

1/2 ripe avocado or 3 tablespoons MCT or coconut oil

1 thumb size piece of fresh ginger or turmeric( I scrub and don't peel, peeling optional).

2 cups dark leafy greens (this can be raw baby spinach, if you choose kale or baby power greens pre-saute them to deactivate the goitrogens that can affect thyroid function).

2 T chia seeds or ground flax seeds

2 T Bobs Red Mill potato starch (a fabulous prebiotic and it also helps to regulate insulin in the body).

2 cups filtered water, organic unsweetened soy or almond milk or coconut water.

1 cup ice cubes

## Instructions

1. Blend well and enjoy your healthy morning!

FOR MORE RECIPES VISIT : [THECULINARYCURE.COM](http://THECULINARYCURE.COM)