

# Super Smoothie Master Recipe

*Makes 2 smoothies*

## Ingredients

2 cups organic dark leafy greens: Baby kale, spinach or mache

2 cups liquid: Unsweetened coconut milk, coconut water, unsweetened nut milk or water

2 cups organic fruit: Berries, mango, pineapple, banana, avocado, apple, stone fruit, or melon. (You can make 1 of the cups frozen fruit to make the smoothie it cold and creamy.)

Optional boosts:

2 tbsp. nut butter

1 tbsp. coconut oil

1 tbsp. cacao

1 tbsp. ground raw flax seed

1 tbsp. fresh grated ginger or turmeric

1 tsp cinnamon

## Instructions

1. Place greens and liquid in a blender and blend until smooth and lump free.
2. Add fruit, blending until smooth and creamy.
3. Add optional boost or two, and blend until creamy.

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