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JILL SWYERS
LIVING FOODS FOR
OPTIMUM HEALTH



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GREEN ENERGY SOUP SMOOTHIE

Ingredients:

- 1 TBS / 30ml - Lemon Juice
4 TBS / 120ml - Water
2 Cups / 200g - Cucumber – chopped
1/2 / 200g - Lettuce - sliced
1 Clove / 20g - Garlic – sliced (optional)
1/2 / 50g - Onion – sliced (optional)
3 Sticks / 125g - Celery – chopped
1 Cup / 225g - Kale – sliced

AND/OR

- 1 Cup / 125g - Sunflower Greens
1 Cup / 125g - Peagreens
1 / 150g - Avocado
Mixed sprouts, i.e. Mung Bean / Aduki / Lentils, etc.

Yields 2 x 8oz Glasses / 250 ml per glass

Blend all ingredients. Add seasoning to taste: cayenne, cumin, tamari, dulse flakes, etc. This recipe is subject to taste, i.e. you can add more or less of each item per your personal preference.

Freshly Made is Always Best

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