

## Green Smoothies

For one serving, blend the following items in a high powdered blender in this order:

- 4 oz filtered water
- 4 oz organic, unsweetened juice
- 1 tsp or 1 bunch (depending on form it comes in) of seaweed (dulse, arame, etc)  
- let it soak for a couple minutes while you get out the other ingredients
- 4 tbsp hemsps seeds
- Blend the above together until its milky, then continue adding:
- A Large handful of dark, leafy greens (kale, collard greens, spinach, and dandelion greens all work well)
- A small bunch of parsley or cilantro
- 1 tsp turmeric powder
- 1/2 avocado if you want it creamier, or need more calories
- additional fruit if desired
  - bananas add sweetness and thickness
  - berries taste great, but turn the smoothie a very strange colour

