

Green Smoothie: June Recipe

There's absolutely nothing like a green smoothie to get you going in the morning! Learn more about this smoothie's nutritional value and health benefits, plus grab a few shopping tips [here](#).



INGREDIENTS

2 small Apricots

1/2 Banana

1 Mango, pitted

Kale, Collards, Mustard greens, Turnip greens (any combo)*

1/4 cup Cranberries, dried

1/4 cup Blackstrap molasses

1 tablespoon Maca (powder)

2 cups Coconut water

*I sometimes use Trader Joe's Southern Greens Mix which has all 4 greens mentioned.

PREPARATION

Place all ingredients in a high-powered blender.

Add coconut water as needed to get desired consistency.

Blend.

Serves 2 or 3.