

Green Smoothie: September Recipe

Including more alkaline foods during late summer helps your body make the seasonal transition! Learn more about this smoothie's nutritional value and health benefits, plus grab a few shopping tips here.



INGREDIENTS

2–3 leaves kale or other leafy green

1 cup of seedless red grapes

1 apple of your choice

1/8 teaspoon of cinnamon

1 tablespoon spirulina or other green powder*

2 tablespoons of honey (or raw agave or green stevia)

1 teaspoon of coconut oil

1 cup of water, if/as needed

*Recommended:

[Nutrex](#) Organic Spirulina Pacifica

[BioPharma Scientific](#) NanoGreens

[HealthForce Superfoods](#) Vitamineral Green

PREPARATION

Place all ingredients in a high-powered blender, adjusting water as needed to get desired consistency.

Blend*. Serves 2.

*NOTE: Best if blended in a high-speed blender, like a [Vitamix](#).