

Bone Builder Smoothie



Ingredients

1/2 Avocado

Handful Kale

1 Tbsp Pumpkin Seeds

1 Tbsp Sesame Seeds

1 Tbsp Almonds

1 Cucumber

Handful Spinach

Handful Swiss Chard/Beet Greens or other greens (Mustard greens, amaranth)

250ml Almond or Coconut Milk

Coconut Water or Filtered Water (for preferred consistency)

Instructions

Blend together all ingredients until smooth, adding coconut water or filtered water at the end to get to the desired consistency.