



Detox Green Smoothie Bowl

1 serving

5 minutes

Ingredients

- 1 Banana (frozen)
- 1 cup Frozen Mango
- 1 cup Frozen Pineapple
- 1 cup Baby Spinach
- 1 cup Kale Leaves
- 1 Cucumber
- 1 Lemon (juiced)
- 1/4 cup Parsley (chopped)
- 1/4 cup Cilantro (chopped)
- 1 cup Coconut Water
- 1/2 Kiwi (peeled and sliced)
- 1/2 cup Blueberries (fresh)
- 1 tbsp Hemp Seeds

Directions

- 1 Throw all ingredients except kiwi and blueberries into a blender, blend until smooth.
- 2 Pour into a bowl and top with kiwi, blueberries, hemp seeds and any other favorite toppings. Enjoy!

Notes

Topping Ideas, Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

Turn It Into a Smoothie, Add more coconut water for a thinner consistency.