**Green Supreme Smoothie**

**2 servings  
15 min. prep time**

* 2 bananas
* ½ pear
* ½ cucumber, peeled
* 1 cup spinach
* 1 cup kale
* 1 avocado
* 1 scoop protein powder \*optional
* 2 in. ginger
* 2 Tbsp nut butter
* 1 in. turmeric or ½ Tbsp turmeric powder
* 1 tsp spirulina
* ⅓ cup chia seeds
* 8 oz. orange juice or cranberry juice
* 8 oz. filtered water

1. Skin cucumber.
2. Pour liquid into blender with spirulina and protein powder.
3. Add greens, nut butter, seeds, ginger and turmeric.
4. Finish off with adding fruit and blend until desired texture is achieved.

*Tips:*

* Top smoothie off with yummy garnishes, such as hemp seeds, cacao nibs, fresh fruit, coconut flakes, goji berries, etc..
* Try to use juices that are cold-pressed, no-sugar added and not from concentrate. The more organic the better.