**[Power Smoothie](http://www.mindfulwellness.us/lifestyle/power-smoothie)**

**2 servings
10 minutes**

* 2 generous cups of kale and/or spinach
* 2 bananas, frozen
* 1 kiwi
* 1 cup coconut milk
* 1/4 cup blueberries, frozen
* 1/4 cup strawberries, frozen
* 1/4 cup mango, frozen
* 1/4 cup apples
* 1/4 cup almonds
* 2 tbsp hemp seeds
* 2 tbsp spirulina
* 2 tbsp psyllium husk
* 2 tbsp turmeric

topped with:

* 2 tbsp almond butter
* 1 tbsp sunflower seeds
* 1 tbsp chia seeds
* 1 tbsp sunflower seeds
* 1 tbsp cocao nibs
1. Beginning with the greens, use a blender or food processor to mix ingredients together.
2. Blend until desired texture is achieved.
3. Pour into a bowl, or a cup if desired.
4. Top off with granola and seeds.

*Tips:*

* Feel free to substitute fresh fruit rather than frozen fruit.
* If you desire juice instead of milk, be aware that most juices are from concentrate. Go the extra mile and purchase cold-pressed juices, not from concentrate. Or better yet, freshly squeezed juices contain even more nutrients.