

## Megan's Favorite Green Smoothie

- 1 medium organic banana
- 2 handfuls organic baby kale
- 1 Tbsp flax oil
- 1 Tbsp hemp seeds (optional)
- 1 tsp pure vanilla extract
- 3 drops stevia extract
- dash cinnamon
- dash turmeric

Place all ingredients in a high speed blender and blend on high for about 20-30 seconds until smooth.

