

Micro-Green Smoothie

Ingredients

- 1 cup orange juice
- 1/3 cup water
- 3/4 cup frozen fruit of your choice
(fresh fruit is good too)
- Half of a banana
- 1/3 cup micro-greens
- 1/4 cup yogurt (optional)
- Squirt of honey (optional)
- 1 tsp chia seeds or hemp hearts
(optional)



Instructions

1. Combine all ingredients to a blender
2. Blend all ingredients until smooth consistency, adding more water if necessary.
3. Enjoy !