

Nāri AārogyamTM

GREEN SMOOTHIE WITH FLAX SEEDS



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INGREDIENTS

- 1 cup unsweetened almond milk
- 2 cups organic spinach
- 1 banana, frozen
- 2 tbsp. ground flax seed
- 1 tbsp. raw almond butter
- 3 ice cubes

PROCESS

- Place in your blender in the order of the ingredients listed, then blend for 30 seconds or until smooth.

