

Mixing in the Greens Smoothie

1 Serving

245 calories per serving when using 8 tbsp Almased
[200 with 6 tbsp Almased / 290 with 10 tbsp Almased]

- 6-8 tbsp Almased
- 8 oz water
- 1 cup Spinach
- 1 tsp **LifeSource SuperSprouts**
- 1 tsp lemon flavored fish oil for omega 3's
(or plain fish oil + 1 tsp. lemon juice)
- ½ cup ice



Pour the water into the blender, and add your own personal measured serving of Almased*, add the Spinach, LifeSource SuperSprouts, lemon flavored oil and ice. Start blender on low speed then blend on high for 30 seconds. Serve in chilled glass.

