



# LEAN GREEN MACHINE SMOOTHIE

*A healthy recipe by THE HEALTH BOOST*

## INGREDIENTS

4 large stalks of kale  
1 stalk of celery  
1/4 cucumber  
1 small banana  
large knob of ginger (size depends  
on how much you like ginger!)  
Juice of 1 lime (or lemon)  
1 heaped tablespoon freshly ground  
flaxseed  
1 tablespoon of superfood powder  
(I like chlorella)  
200-250ml coconut water

## METHOD

1. Place all the ingredients in a high speed blender and process until smooth. You might need more or less coconut water depending on how thick you like your smoothie.
2. If you want to eat in a bowl, use less coconut water and you could top with fruit, nuts, seeds or oats.