

## Smoothies for MG

### Mind Body Beauty Healing Green Juice



1 cup kale  
1 cup spinach  
1/2 large cucumber  
2 apples  
1 tsp. Cinnamon  
8 oz. coconut water

(Remember to use organic ingredients whenever possible!)

Directions:

Once kale, cucumber and apples are [juiced](#), shake it all up with cinnamon and [coconut water](#).

### Creamy Banana Avocado Green Smoothie – Diabetic-Friendly



2 cups spinach  
1 medium banana, peeled  
2 cups whole strawberries  
1/4 avocado  
1 cup water  
1/2 cup ice (if you wish)

Directions:

Add all of the ingredients into the blender.  
Blend on high until all of the spinach has broken down. Pour into a glass.

### Good Morning Blueberry Spinach Smoothie



2 cups organic spinach  
1/2 cup water  
1/2 cup coconut water  
1 cup frozen wild blueberries  
1 tsp. cinnamon  
2 tbsp. ground flax seed

**Directions:**

Add all of the ingredients into the blender.  
Blend on high until all of the spinach has broken down.  
Pour into a glass and enjoy!

### Potassium Packed Banana-Blueberry Smoothie



1 Banana (frozen or fresh)  
1/2 Cup frozen blueberries  
1 Handful of spinach  
3/4 Cup coconut water  
1/2 Cup Ice cubes

**Directions:**

Blend all ingredients in a blender and enjoy!

### Banana and Pear Energy Boosting Smoothie



1/2 Pear  
1/2 frozen Banana  
1/2 cup water (or almond, coconut or hemp milk)  
1/2 cup Ice  
1 tsp cinnamon  
1 tbsp Chia or ground flax seeds

**Directions:**

Chop the pear and banana into smaller chunks so it will blend easily. Throw it all into the blender and blend until smooth!

All recipes from:  
[eattoeatmyastheniagravis.com](http://eattoeatmyastheniagravis.com)