Smoothies for MG

Mind Body Beauty Healing Green Juice

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>1 cup kale</td>
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<tr>
<td>1 cup spinach</td>
</tr>
<tr>
<td>1/2 large cucumber</td>
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<tr>
<td>2 apples</td>
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<tr>
<td>1 tsp. Cinnamon</td>
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<tr>
<td>8 oz. coconut water</td>
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(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

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>2 cups spinach</td>
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<tr>
<td>1 medium banana, peeled</td>
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<tr>
<td>2 cups whole strawberries</td>
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<tr>
<td>1/4 avocado</td>
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<tr>
<td>1 cup water</td>
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<tr>
<td>1/2 cup ice (if you wish)</td>
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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

Ingredients:
- 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

Ingredients:
- 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

Ingredients:
- 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:
eattobeatmyastheniagravis.com