## **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

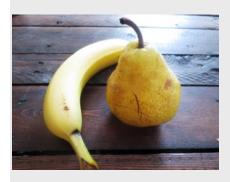
3/4 Cup coconut water

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: eattobeatmyastheniagravis.com