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