



## KALE & STRAWBERRY SUPERFOOD SMOOTHIE

*Soy-Free. Sugar-Free. DF. GF. Vegan. Vegetarian.*

### What You'll Need:

High-speed blend like a Vitamix or Ninja

2.5 cups cold filtered water

1.5 cups frozen strawberries

1 cup curly kale without stem

1 med-lg banana

1 cup soaked raw almonds \*soak for at least 4 hours

2 tbsp hemp seeds

1 tbsp chia seeds

4 lg dried dates, without pits

1/8 tsp Cinnamon

*Put water at the bottom of the blender. Rinse frozen strawberries under warm water for 30 seconds then place them in the blender. Add the rest of the ingredients and blend on high for 1 minute. Pour into a glass and sprinkle a few hemp seeds on top for look and added texture.*

Note: For the most health-conscious version of this recipe, use all organic ingredients.