

Green Breakfast Bowl

by Stacey Francis, DC

4-6 ice cubes (not necessary if spinach or kale is frozen)

2 cups organic spinach or kale, packed

1 cup nut or rice milk

½ frozen banana, chopped

¼ avocado

¼ teaspoon cinnamon

Stevia or honey to taste

1 teaspoon hemp seeds

1 teaspoon flax seeds

1 teaspoon coconut flakes

1 teaspoon walnuts or sliced almonds

¼ cup berries

Combine first six ingredients in a high speed blender. Add stevia or honey to taste if necessary. Pour in bowl and top with remaining ingredients.

Serves: 1.