

Gut Healthy Greens Smoothie

INGREDIENTS

- 1 scoop BIOHM super greens powder
- 1C spinach
- 1/2C basil
- 4-6 slices ginger
- 2 dates, pitted
- 1/2 Fuji apple
- 1 lime, juice + zest
- 1C coconut water
- 1 banana
- 1C ice

1. Place all ingredients into a blender and blend on high until smooth. Enjoy!