How to Make a Deliciously Healthy Spinach Farm Smoothie

This is one of my favorite smoothie recipes. So refreshing. So healthy. So good.



1. Bust out your blender!
2. Add (1.5) cups of cold filtered water
3. Add (1) frozen banana
4. Add a GIANT hand-full of fresh spinach
5. Add (1 or 2) scoops of your favorite organic protein powder
6. Add a 2-3 small shavings of fresh ginger - YUMMMM!!!
7. Add a few drops of honey
8. Add (1) slice of peeled lemon
9. Blend baby blend...for about 30 seconds
10. Pour in a big clear mason jar so you can see the green!
11. Drink. Enjoy. Live.

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