

Nomi's Favorite Green Smoothie

1 cup juice from 2–3 oranges or tangerines
5–6 cups assorted greens (start with 2-3 cups)
1 cup papaya (for smooth consistency)
1–3 bananas, frozen

Blend to a smooth consistency as rapidly as possible to keep it cold. You might want to start out with fewer greens, because it might take awhile before you begin to crave that slight bitter taste that tons of greens will give to a smoothie.

Recipe from: Nomi Shannon ([HYPERLINK "http://www.RawGourmet.com"](http://www.RawGourmet.com)
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Almond Milk

3 cups water
1 Tbsp. honey
1 cup almonds, sprouted & remove the skins

Blend all the ingredients in blender or Vita-Mix until smooth.