

## **Green Smoothie**

Yield: 6 Servings

1 Granny Smith apple, washed, cored but with skin

4-5 stalks of celery, ends and tips removed, use leaves

2 cups of chopped romaine lettuce

1/2 bunch cilantro or parsley (depending on your preference) stems removed

3-4 cups of alkaline water or purified water

Chop vegetables into 1 inch pieces for easy blending (strong blender rather than juicer easier to clean up too) Fill blender with 3-4 cups of water (more or less depending upon how thick you want the smoothie to be) Add all ingredients into blender. Puree till smooth or desired consistency. You can also add the juice from one half of a lemon or lime and even 1/4 tsp of sea salt (Celtic ground) or Herbalmarle and/or a pinch of cayenne pepper (healing properties for the breast and prostate).

You may also add Body Ecology Vitality Greens or any protein drink powders that you wish as this smoothie is great to be creative with and add whatever you can imagine!

## **Avocado Kale Salad**

1 head kale, shredded (with hands is best)

1 cup tomato, chopped

1 avocado

2 tablespoons of olive oil

1 tablespoon of lemon juice

Celtic sea salt to taste

1/2 teaspoon Cayenne pepper

and I like to add Pine nuts!

This is quick and easy and can be a small portion side or filling enough as a stand-alone meal. Preparation: In a mixing bowl, toss all ingredients together. Mash everything together (with hands) to create a marinated/wilted effect on kale. This also makes it tastier and easier to digest! Enjoy!

Yummmmmmy!