

# Green Glow Cell-Nourish Smoothie

A mineral-dense, green smoothie created to support digestion, hydration, hormonal balance, and cellular nourishment using whole, intentional ingredients.

## Ingredients

- 1 overripe banana
- Handful of fresh sprouts
- Handful of bok choy
- ½ avocado
- 1 serving Black Girl Vitamins collagen powder
- 1–2 teaspoons date sugar
- 1 cup coconut water
- ¼–½ teaspoon soursop powder

## Instructions

- 1 Add coconut water to the blender.
- 2 Add banana, sprouts, bok choy, and avocado.
- 3 Add collagen powder, date sugar, and soursop powder.
- 4 Blend until smooth.
- 5 Adjust consistency with additional coconut water if desired.
- 6 Sip slowly for best digestion.

## Why This Smoothie Works

- Sprouts provide enzymes and bioavailable nutrients.
- Bok choy supports mineral balance and hormone metabolism.
- Avocado delivers healthy fats for nutrient absorption.
- Coconut water replenishes electrolytes.
- Collagen supports skin, joints, and gut lining.
- Soursop powder offers antioxidant and immune support.

*Wellness Note:* This recipe is intended for nourishment and wellness support only. It does not replace medical advice or treatment.