

Smoothies for MG

Mind Body Beauty Healing Green Juice



1 cup kale
1 cup spinach
1/2 large cucumber
2 apples
1 tsp. Cinnamon
8 oz. coconut water

(Remember to use organic ingredients whenever possible!)

Directions:

Once kale, cucumber and apples are [juiced](#), shake it all up with cinnamon and [coconut water](#).

Creamy Banana Avocado Green Smoothie – Diabetic-Friendly



2 cups spinach
1 medium banana, peeled
2 cups whole strawberries
1/4 avocado
1 cup water
1/2 cup ice (if you wish)

Directions:

Add all of the ingredients into the blender.
Blend on high until all of the spinach has broken down. Pour into a glass.

Good Morning Blueberry Spinach Smoothie



- 2 cups organic spinach
- 1/2 cup water
- 1/2 cup coconut water
- 1 cup frozen wild blueberries
- 1 tsp. cinnamon
- 2 tbsp. ground flax seed

Directions:

Add all of the ingredients into the blender.
Blend on high until all of the spinach has broken down.
Pour into a glass and enjoy!

Potassium Packed Banana-Blueberry Smoothie



- 1 Banana (frozen or fresh)
- 1/2 Cup frozen blueberries
- 1 Handful of spinach
- 3/4 Cup coconut water
- 1/2 Cup Ice cubes

Directions:

Blend all ingredients in a blender and enjoy!

Banana and Pear Energy Boosting Smoothie



- 1/2 Pear
- 1/2 frozen Banana
- 1/2 cup water (or almond, coconut or hemp milk)
- 1/2 cup Ice
- 1 tsp cinnamon
- 1 tbsp Chia or ground flax seeds

Directions:

Chop the pear and banana into smaller chunks so it will blend easily. Throw it all into the blender and blend until smooth!

All recipes from:
eattoeatmyastheniagravis.com