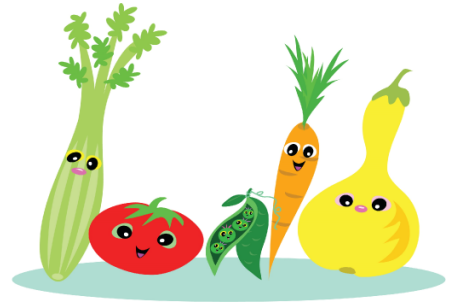


Jim's Real Food Kitchen

A Plant Based Whole Foods Lifestyle



Vegan Jim's Green Veggie Smoothie

Routinely made in Vegan Jim's kitchen

Ingredients

1 Head	Romaine Lettuce (or other greens)
1 Cup	Raw Cauliflower (or broccoli)
1	Raw Carrot
1	Raw Red Bell Pepper
2	Raw Stalks of Celery
½ Cup	Fresh Parsley
1 Tbsp	Ground Flaxseeds (Source good fatty Acids)
½	Raw Walnut (Source good fatty Acids)
1	Raw Brazil Nut (Source of Selenium)
¼ Tsp	Maine Coast Sea Salt (Source of Iodine)
½ Cup	Water
½ Cup	Ice

Directions

1. Wash all vegetables.
2. Cut vegetable in pieces for blending.
3. Blend all ingredients in blender until smooth.
4. If not thin enough to drink with straw, add additional water.

Note: Vegan Jim uses only organic foods.

Calories	226
Carbs	34 grams
Fat	9.5 grams
Protein	10.6 grams

