

My Favorite Morning Smoothie

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INGREDIENTS

- 1 cup orange juice
- 2 small/medium bananas
- 1 cup frozen wild blueberries
- 1 cup frozen mango
- 1 cup spinach
- 1 handful cilantro (include stems)
- 1 tsp spirulina



INSTRUCTIONS

Blend until smooth. Fill your quart jar and enjoy!

Note : This is an adaptation of the Medical Medium Heavy Metal Detox Smoothie