

# Garden Green Lemony Smoothie

Fresh leafy greens picked from the garden, lemon balm, and lemongrass. Blended with a frozen banana and fresh cold pressed orange juice. The recipe will be extremely quick if you buy bottled orange juice from your local organic juicery.

## Categories

Gluten-free

Yields: 1 serving

Preparation time: 15 mins

Cooking time: 0 mins

Category: Smoothies

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Raw



## Ingredients

Organic rainbow chard	0.3 x 3 cup
Kale, raw	3 leaf
Spinach, raw	0.5 cup
Banana, fresh	1 medium - 7" to 7 7/8" long
Orange juice, fresh	0.5 cup
Hemp seeds, unhulled	1 tablespoon
Chia seeds	1 tablespoon
Lemon grass (citronella), raw	1 tablespoon

## Instructions

1. Use 1.5 whole organic oranges and juice with a cold press citrus juicer, or run through a cold press juicer. If you do not have a juicer, organic cold-pressed bottled orange juice will work. Place in blender.
2. Take the washed greens, stems can be left on and put in a high speed blender. For this recipe and the picture shown I picked green straight from the garden. Without measuring it was about a handful each of rainbow chard, spinach and a few leaves of kale.

3. Place one sprig of fresh lemongrass and one or two sprigs of fresh lemon balm herb if you have and add into the blender. These herbs are not commonly found in the grocery store and if you don't grow them fresh you can always add in half of a Juiced lemon.
4. Take 1 tbsp chia and add in blender. Put a frozen chopped banana in blender and blend for 30 to 45 seconds.
5. Place in a glass and add one tablespoon of hemp seeds on top. Drink immediately while still cold.