



SUPER SMOOTHIE DELIGHT

Prep Time: 5 minutes

Cook Time: 0 minutes

Yield: 1 serving

Ingredients

- 1 cup almond milk (or water)
- 2 cups or about 2 large kale leaves, stem removed
- 1/4 cup walnuts
- 1/2 banana, frozen
- 1 Tbsp hemp seeds
- 1/4 cup zucchini
- 1 Tbsp flax oil
- Pinch of cinnamon (optional)
- 1/2 cup or more water to desired thickness

Instructions

Place all ingredients into your blender, blend until smooth and sip up while thinking good thoughts.



Academy of Culinary Nutrition



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about community, research,
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friendship – who we want to
be and how we want to be in
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Sue Fitzgerald,
ONTARIO

This program was beyond
anything I could have ever
expected. The quality
of everything (support,
information, program, portal)
was amazing! This program is
hands-down one of the BEST
investments I've ever made
in myself and my family.

Marissa Rodriguez,
HAWAII

This course gave me all the
tools I needed to change my
habits... I feel very proud of
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vibes are contagious. I love
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Claudia Ortega,
MEXICO

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