

Marlene's green smoothie recipe

I made green smoothies for breakfast for some non-health food people for several weeks while visiting them. They were surprised to discover they started to crave healthy salads and lose weight. Green smoothies are great. Victoria Boutenko's book, *Green For Life* is a great introduction to green smoothies, why drink them and has great recipes.

This recipe makes enough for 2 - 3 people.

Soak 4 tablespoons of flax seeds overnight in 1 cup of purified or distilled water—not chlorinated, fluorinated tap water and put 2 cups of purified, distilled or spring water in the refrigerator overnight.

Put the following in a Vita Mix or blender.

1. 2 bananas
2. 1 cup frozen strawberries
3. 4 large romaine lettuce leaves
4. 2 cups of water (or fresh squeezed orange juice)
5. 4 tablespoons of the soaked flax seeds

Then blend the above until liquefied. It will taste like a strawberry-banana shake, but have a very "fresh" smell and won't taste like lettuce at all.

Try it. See if it's not a great way to get fresh raw greens into your daily diet.