

Green Ginger Smoothie

Blend in Vitamix blender or Nutribullet until smooth:

1/2 cup raw almonds, soaked in water for at least an hour

1/2 cup soaked chia seeds

1/2 cup kale, stems removed

1/2-inch piece of ginger

1 cucumber, peeled and seeded

3 cups water

2 scoops *The Hormone Cure Vanilla Hormone Balancing Shake*

Enjoy!

Approximately 477 calories

Adapted from a recipe by Dr. Mark Hyman

Hyman, Mark. "The Blood Sugar Solution 10-Day Detox Diet Beta Test Manual."
Hyman Enterprises, 2013.