



# Simple 5 Ingredient Smoothie

SERVES 1-2

With ingredients that are high in potassium, calcium, and essential amino acids, this EASY and delicious smoothie is the perfect way to start your day.

## Ingredients

- 1 large banana
- 1½ cups of vanilla almond milk, unsweetened
- 3-4 Medjool dates, pitted and chopped
- 2 cups spinach
- 3 tbsp hemp seeds

## Directions

Blend all the ingredients together, except the ice, until smooth. Add the ice and blend once more until creamy.

*My name is Michelle Joy Kramer, and I am a board-certified Holistic Health Practitioner and Integrative Nutrition Health Coach. I assist individuals and corporate teams in achieving their optimal health through healthy lifestyle choices regarding nutrition, exercise, spirituality, relationships, and careers. Learn more about my programs and how we can work together by contacting me at [michelle@michellejoykramer.com](mailto:michelle@michellejoykramer.com) or by visiting [michellejoykramer.com](http://michellejoykramer.com)*



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