



How to Make a Greens Powder Smoothie

by 3 Winks Design

Ingredients

- 3 ice cubes
- 1 banana
- 1/2 cup frozen blackberries
- 1/4 cup cranberry juice
- 1 tsp green's powder

Steps

Combine all ingredients in a blender. Blend on the smoothie setting until it stops and enjoy!

Makes 1 serving

If you don't like the seeds from blackberries, substitute any other frozen fruit.