



This is a healthy smoothie with an artistic twist. Since it's in a bowl and you eat it with a spoon you get to eat it more slowly and savor it, which is also great for your digestive tract. You can indulge in the beauty of the colorful berries and snow white coconut set in a field of green goodness. Not to mention, it's just plain delicious! Learn more:

[specificwellness.com](http://specificwellness.com)

## Go Green!

### Green Breakfast Bowl

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|--|--------------------------------------|
| 4-6 ice cubes*                                       | 1 teaspoon hemp seeds                |
| <i>*(not necessary if spinach or kale is frozen)</i> | 1 teaspoon flax seeds                |
| 2 cups organic spinach or kale, packed               | 1 teaspoon coconut flakes            |
| 1 cup nut or rice milk                               | 1 teaspoon walnuts or sliced almonds |
| 1/2 frozen banana, chopped                           | 1/4 cup berries                      |
| 1/4 avocado  |                                      |
| 1/4 teaspoon cinnamon                                |                                      |
| Stevia or honey to taste                             |                                      |

In a large bowl combine all ingredients and stir to combine. Serve with plantain chips or cinnamon tortilla chips.

Serves: 1.

