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Ingredients: 3 stalks of  
kale (discard the tough  
stalk and use the  
leaves) 3 leaves of Cos  
lettuce 1 cup coconut  
water 1 small frozen  
banana A small handful  
of goji berries or  
blueberries 1 tsp hemp  
seeds 1 tsp chia seeds  
1 tsp bee pollen 1 tsp  
maca powder 1 tsp  
spirulina. Method.



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milk only, making it  
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BANANA, CACAO  
POWDER AND  
COCONUT TO THE  
ALMOND MIXTURE.  
PULSE ON YOUR  
BLENDER'S HIGH  
SETTING UNTIL WELL  
MIXED 3. ADD  
COCONUT PALM  
SUGAR TO GET THE  
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