



# EMERALD TREAT

## INGREDIENTS:

- 3 FROZEN BANANAS
- 1 CUP RAW SPINACH
- ½ CUP ALMOND MILK
- 1 SQUARE SPIRULINA

## OPTIONAL:

- 2 TBSP GRANOLA OR RAWNOLA
- 1 TBSP RAW PEPITAS
- 1 TBSP CACAO NIBS
- 2 TSP SHREDDED COCONUT

## INSTRUCTIONS:

BLEND UNTIL SMOOTH. ADD SOME OR ALL OPTIONAL INGREDIENTS.