

# Super Smoothie Recipe

- 8 kale leaves
- 2 rainbow chard leaves
- 1 tomato
- 1 carrot
- 2 celery stalks
- 8 pieces of parsley
- 1 apple (with skin)
- 2 cups spinach
- 1 lemon (with rind)
- 1 to 2 cups blueberries
- 1 avocado
- ¼ cup hydrolysed collagen powder
- 2 cups water

## Consider adding supplements

- Whey protein
- Resistant starch
- Omega 3
- Probiotics
- Vitamins D, K, B etc.