**Smoothie Recipes**

Opción 1

* 2 handfuls of kale
* 1 cup of strawberries
* 1 ½ cups of coconut water
* 1 tablespoons of chia seeds
* 2 tablespoons of hemp hearts
* ½ avocado

Opción 2

* 2 handfuls of broccoli
* 1/2 banana
* 1 apple
* 1-½ cups of coconut wáter
* 1 tbs coconut oil
* 1 tablespoons of chia seeds

Opcion 3

* 1 orange
* 1 cup of pineapple
* 1 cup of spinach
* 1 cups of green tea
* 1 tbs almond butter
* 2 tablespoons of hemp hearts

Opción 4

* 1 cup of papaya
* 1 cup of strawberries
* 1 cup of spinach
* 1 cup of coconut milk
* 2 tablespoons of hemp hearts
* 1/3 avocado

Opción 5

* 1 cup of blueberries
* 2 handful of kale
* ½ cup of almond yogurt
* 1 cup of almond milk
* 1 tablespoons of chia seeds

Opción 6

* banana
* 1 cups berries
* 1 cup almond milk
* 1 handful of spinach
* 1 tbs of coconut oil
* 2 tablespoons of hemp hearts

Opción 7

* 1 cup sliced Strawberries
* 1/2 cup blueberries
* 1/2 cup blackberries
* 1 cup chopped kale leaves
* 1 tbs almond butter
* 1 tablespoons of chia seeds