

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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[www.aspireperspirenourish.com](http://www.aspireperspirenourish.com)

## Green Tea Morning Smoothie

Makes 1 1/2 cups

### *Ingredients:*

- 1 cup spinach
- 1 ½ tbsp hemp hearts
- 10 raw almonds
- 1 stalk celery
- 1 cup mixed berries (fresh or frozen)
- 1 cup green tea (cold)
- 5 drops liquid stevia, optional (or other sweetener)

### *Directions:*

1. Add all ingredients into a blender and blend until smooth.