



## Lucky Green Smoothie

2 servings  
10 minutes

### Ingredients

- 1 1/2 cups Frozen Mango
- 2 Lime (juiced)
- 2 cups Baby Spinach (packed)
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 3 1/2 cups Water

### Directions

- 1 Throw all ingredients into a blender. Blend well until smooth. Divide into glasses and enjoy!

### Notes

**No Mango,** Add frozen pineapple or banana instead.