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good fruit to
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nice flavor.

Just don't use

ripe bananas

which have

higher levels of

sugar. Bananas

also contain the

alkaline-forming

mineral

potassium.

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coconut flesh
and coconut
water combined.

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Place the
ingredients into
the blender as

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listed. Blend
the smoothie
until combined.
To prevent a
brown smoothie,
mix the greens
with the banana,
chia seeds, half
of the ice and
half of the
almond milk.
Then blend the
watermelon
strawberries,

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