

GreenSpirit



Pumpkin Spice Smoothie

Water from 1 young coconut (1 ½ cups)

Meat from 1 young coconut (1 cup)

2 medium carrots, chopped

1 banana (frozen for thicker, colder smoothie)

2 soft dates, pitted

1 tablespoon hemp seeds

1 inch piece fresh ginger

½ teaspoon pumpkin pie spice (or combination cinnamon, ginger, cloves and nutmeg)

In a high-speed blender, puree coconut water and meat until smooth. Add the remaining ingredients and blend again until smooth.

Serves 2

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