



@KICKCRAMPSASS

FIBROID FIGHTER SMOOTHIE

SERVES 1: 20 OZ

INGREDIENTS

- 8 BROCCOLI SPEARS
- 3 CELERY STICKS
- 2 PEARS
- 1 LEMON
- 1/4 INCH GINGER

NUTRITION FACTS

- CALORIES: 222
- TOTAL FAT: 1.69G
- SATURATED FAT: .18G
- SODIUM: 49MG
- POTASSIUM: 1062MG
- TOTAL CARBOHYDRATES: 52.14G
- DIETARY FIBER: 19.4G
- SUGARS: 28.7G (NO ADDED SUGAR)
- PROTEIN: 8.9G
- VITAMIN A: 2638IU
- MAGNESIUM: 68MG
- PHOSPHOROUS: 178MG
- VITAMIN C: 186.8MG
- CALCIUM: 114MG
- IRON: 1.7MG

PROCEDURE

01 COMBINE ALL OF YOUR INGREDIENTS IN THE BLENDER AND BLEND UNTIL SMOOTH.

02 TOP THE SMOOTHIE WITH THE A DOLLOP OF COCONUT CREAM FOR A GARNISH. (OPTIONAL)

03 ENJOY!