

# STEVE DORST'S "PERFECT LIFE HACK" SMOOTHIE

MAKES FOUR 16-OZ SERVINGS

## FRUIT

8 oz mango juice

8 oz coconut juice

8 oz lemonade

banana, 2

organic green apple, 1

mixed berries, 2 cups (strawberries, blackberries, blueberries, raspberries)

## VEGGIES

organic spinach, 5 oz bag

organic cucumber, 1/4

ginger, 1 thumb

tomato, 1

avocado, 1/2

broccoli, 3-4 heads

cauliflower, 1/4 head

corn, frozen, 1/3 cup

peas, frozen, 1/3 cup

garlic, 1 clove

onion, 1/4 large

Flax seed, 1 Tbs

## DIRECTIONS

Mix in a ninja or other mixer. Organic items noted because of measured pesticides in these.

Mix half, add rest, mix (half spinach at beginning and half at end). Top-notch smoothie-ready mango juice available at [islandoasis.com](http://islandoasis.com).

Mix with granola., if desired

