

# Green Spirulina Smoothie

This is my favorite smoothie. I have been using spirulina in smoothies for many years. My favorite brand is Pure Hawaiian Spirulina by Nutrex Hawaii. You will be pleasantly surprised because you won't taste seaweed in this smoothie at all, yet you'll get all the benefits. And don't be put off by the dark green color.



This smoothie can be refrigerated in an airtight glass container for up to 3 days. You can also omit some ingredients if you don't have them. For this one, I didn't have broccoli sprouts. I replaced them with a couple of broccoli florets. The smoothie was still delicious. You can also use berries instead of pear.

All of the ingredients (except for the Spirulina) can be purchased at our local stores: ShopRite, Wegmans, Trader Joe's. The Spirulina can be purchased at the Vitamin Shoppe.

## Equipment

High-speed electric blender (I use my tired, 23-year-old Vita-mix)

Measuring cups and spoons

Citrus squeezer

## Shortcuts

When I have a washed organic lemon or lime, I just cut a slice with the rind instead of squeezing the juice.



## Ingredients

2 ½ cups filtered water

1 ripe avocado, peeled, pitted, and sliced

1 ripe Barlett pear coarsely chopped

½ cup firmly packed broccoli sprouts

2 tablespoon spirulina powder ( use 1 tablespoon if you are doing it for first time)

3 tablespoons freshly squeezed lemon juice

2 tablespoons freshly ground flaxseed

2 tablespoons pumpkin seeds

Dash of salt



## Directions

Add all of the ingredients to a blender and puree. I puree it for around 1 ½ minutes.



---

**Enjoy!**