

Recipe – Savory Smoothie

Ingredients:

- 1 large cucumber
- 3 large tomatoes
- 1 bell pepper (we used yellow)
- ½ bunch cilantro, washed and tough stems removed
- 3 TBS flax seed
- 1 tsp Celtic salt
- 1 lime, peeled and seeded
- 2 stalks celery
- 2 TB olive oil

Directions:

Combine the ingredients in a high power blender until smooth.

Serves 6 – 8.