

## Pregnancy Green Smoothie

This is a great way to increase your daily intake of iron, protein, fiber & more from actual whole foods. If it's in your budget to do so, get all organic ingredients!

Serves 2

3-5 kale leaves

2-3 handfuls of spinach

4 tbsp of hemp seed

2 tbsp of flax seed oil

2 carrots

Juice of 1/2 or 1 whole lemon

About 1/4 cup almond milk - eyeball it\*\*

About 1/3 cup orange juice – eyeball it \*\*

\*\*Basically, you want to add enough liquid to get the consistency you like. I like mine a bit runnier (easier/faster to drink when you're trying to get out the door in the morning). If you want to have less sugar, you can use water instead of juice, though you may then want to add strawberries or blueberries if you do so that the smoothie is a little less vegetal tasting.

Optional ingredients:

1 banana

1 small beet and/or beet greens (will make the smoothie sweeter)

1 handful of almonds

1 handful blueberries and/or strawberries

Veggie juices (carrot, greens, etc) - you can use these instead of fruit juice or water

A bit of fresh ginger – can help with digestion & nausea

If you're having issues with regularity during your pregnancy, add a couple tsp of chia seed.