

## THE PAPAYA, CINNAMON & HONEY SMOOTHIE

The Papaya, cinnamon & honey smoothie:

Makes three 12oz glasses

Calories: 147 cal per glass

Ingredients:

2 apples 1 banana

1/2 beet

2 celery stocks

1/4 cantaloupe

1/4 papaya

1 teaspoon of raw honey

1. teaspoon of flax seed

1/5 cinnamon sticks

3 kale leaves

1. Wash and cut vegetables.

2. Juice celery, cantaloupe, papaya, apples, and beet.

3. Cut and mince cinnamon.

4. Put the juice in a blender with banana, kale, honey, flax seed and cinnamon.

5. Blend and enjoy.