



Everything Herbal

by Cheryl Jabz

GREEN ENERGY SMOOTHIE

REFRESHING • NUTRIENT-PACKED • HERBAL

A refreshing, nutrient-packed smoothie featuring nettle leaf, spinach, banana, and citrus. This green drink is loaded with vitamins, minerals, antioxidants, and natural energy-supporting nutrients.



BENEFITS



NETTLE LEAF

Rich in vitamins A, C, and K. Provides iron, magnesium, and calcium. Traditionally used to support healthy circulation and energy.



BANANA

Natural source of potassium. Adds sweetness and creaminess. Provides sustained energy.



ORANGE

High in vitamin C. Enhances iron absorption from nettles. Adds bright, fresh flavor.



SPINACH

Rich in antioxidants and folate. Supports overall wellness and nutrient absorption.

INGREDIENTS

- 1 cup brewed nettle tea, cooled
- 1 ripe banana
- 1 cup fresh spinach
- 1 small orange, peeled
- ½ green apple, chopped
- 1 tablespoon lemon juice
- 1 tablespoon honey (optional)
- ½ cup ice cubes
- 1 tablespoon chia seeds (optional)



INSTRUCTIONS

- 1 Steep 2 teaspoons dried nettle leaf in 1 cup hot water for 10 minutes.
- 2 Strain and cool completely.
- 3 Add to a blender: Cooled nettle tea. Banana. Spinach. Orange. Apple. Lemon juice. Honey (if using). Ice. Chia seeds.
- 4 Blend until smooth and creamy.
- 5 Pour into a tall glass and enjoy immediately.

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