



## Anti-Cancer Smoothie

From Chris Wark's *Beat Cancer Kitchen Cookbook*

*By: HealingStrong*

Prep time:	15 min
Cook time:	2 min
Serves:	1 to 2

### Ingredients:

- 3 cups frozen mixed berries (blueberries, raspberries, blackberries, and/or strawberries)
- 1 banana, fresh or frozen or 3 to 5 pitted dates
- ½ lemon with peel
- 2 handfuls of leafy greens like spinach or kale
- 1 handful of almonds or walnuts (or both)
- 1 cup water

### Directions:

- Combine all the ingredients in your blender until smooth, adding another ½ cup of water if needed.

\*Smoothie Tip: When your smoothie begins to splash upwards onto the sides of your blender this is a good indicator that it is well blended.