

Cream With A Lil' Shake

Serves 1

Ingredients

- 1 cup water, coconut milk, hemp milk or rice milk
- ½ bunch kale
- 1 banana
- ½ orange
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1 dash of cayenne
- 1-2 tablespoons ground flax seed and/or ground chia seed
- ½ cup ice

Preparation

Blend until smooth.