



*Sea of Colors*  
**GREEN HEART CHAKRA RECIPE**

# Heart Chakra Green Tea Smoothie

by Kimberly Bizjak

## Ingredients

- 1 cup coconut milk
- 1/2 cup baby spinach
- 1 banana
- 1/2 cup pineapple chunks
- 1/4 cup avocado
- 2 tsp lime zest
- 1 Tb lime juice
- 2 tsp maple syrup or agave or vanilla?
- 1/2 tsp Matcha green tea powder

## Directions

1. Slice and chop all fruits.
2. Add all ingredients in a blender with a few ice cubes and blend until well combined.
3. Serve in a tall glass.  
Or serve in a bowl and top with granola, coconut flakes, nuts, and fresh fruit – and eat it with a spoon!