

PALM Health Cafe Green Smoothie

1 cup spinach

1 banana

1/2 cup green grapes

1/3 cup apple

1/3 cup pineapple

1/4 cup Greek yogurt

1 tsp raw local honey

1 pinch Himalayan salt

1 cup ice

blend ingredients until smooth

Himalayan salt:

Himalayan salt is widely touted for its mineral content, containing 84 minerals in total. In addition to sodium, Himalayan salt is relatively high in iron, magnesium, phosphorus, calcium, potassium and chloride. It also contains traces of boron, fluoride, iodine, zinc, selenium and copper, all of which are necessary for bodily health. As a naturally occurring salt, Himalayan salt contains all these minerals without chemical processing or refinement.

Avocado Chocolate Mousse

- flesh of 2 ripe avocados
- 1/4 cup regular cocoa powder
- 1/4 cup dutch cocoa OR melted chocolate chips
- 3-4 tbs milk of choice
- 1/2 tsp pure vanilla extract
- 1/8 tsp salt
- 1 - 2 tbs of honey or pure maple syrup

Mix until smooth in a food processor or blender

Serve with fresh fruits of your choice