



FEEL GOOD FITNESS ·

# WABI-SABI

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well

## WINTER SMOOTHIE RECIPE

*Carly from Culinary Karma contributed this recipe  
"So epic tastes like lemon gingerbread"*

### WHAT YOU NEED

2 cups tea (of choice)  
2 tbsp hemp seeds  
1 whole lemon without peel.  
1/2 inch ginger.  
Stevia or raw honey to sweeten.  
1/2 tsp cinnamon.  
Dash of clove.  
Dash of vanilla.

### WHAT YOU NEED TO DO

1. BLEND TEA AND HEMP SEEDS TO MAKE A MILK.  
2. COMBINE AND BLEND REMAINING INGREDIENTS.  
WAH-LAH!