**Fig It Smoothie**

3 cups Coconut Water (Taste Nirvana brand)

1 cup Kale

½ Avocado

2 Figs

2 Dates

Dash of Cinnamon Powder

Dash of Nutmeg Powder

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These statements have not been evaluated by the Food and Drug Administration.

This is not intended to diagnose, treat, cure, or prevent any disease.