

# SUPER GREEN SMOOTHIE

## INGREDIENTS

- 2 cups raw spinach
- 2 stalks celery chopped
- ½ medium cucumber, peeled
- ½ apple, core removed
- ½ avocado, peeled (or 1 whole if it is very ripe and won't keep)
- 1 ½ cups coconut water
- \*\*1 - 2 scoops of plant-based protein powder



## Directions

- Add fruit and vegetable ingredients to the blender with spinach on the bottom
- Next, add coconut water
- Blend until smooth
- Add protein powder and blend again until powder is blended in fully
- If the mixture is too thick, add more coconut water until desired consistency
- Any leftovers can be refrigerated for the next meal of the day, and store in air tight container.
- \*\*Adding protein powder is optional.