

Revitalizing Green Smoothie



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Servings: 1

Prep Time: 5 minutes

Ingredients

- 1 1/2-2 cups Cold spring/filtered water
- 1 cup Organic Lettuce/Mixed Greens
- 1 1/2 cups Organic Green Spinach
- 1/2 stalk Organic Celery, chopped
- 1 inch Raw Ginger root, peeled and sliced
- 3 sprigs Organic Parsley, rinsed
- 1 large Organic lemon, juiced
- 1/2 large Avocado
- Dash Organic Stevia Powder OR Organic Monk Fruit Powder (Erythritol Free)
- 6 ice cubes made w/ Spring/Filtered Water

Instructions

Revitalizing Green Smoothie

1. Gather your veggies.
2. Peel and roughly chop all your veggies
3. Place all your veggies, stevia, avocado and refined coconut oil in your blender along with your water. Squeeze the juice of the lemon into the blender.
4. Blend it up on high for a minutes or two or until well blended. Add more water if shake is too thick.
5. Enjoy!