

Green Goddess Smoothie

Nutrient Dense Meal On The Go



COURSE
Drinks

CUISINE
American

EQUIPMENT

- Blender

INGREDIENTS

- 1 Cup Liquid Of Choice (Nut Milk, Water, Coconut Water)
- 1 Cup Leafy Greens (Spinach, Kale, Mixed Greens)
- 1 Cup Frozen Organic Berries
- 1 Frozen Banana
- 1 Cucumber

INSTRUCTIONS

1. Add liquid of choice followed by the fruit, leafy greens, and cucumber.

Blend until smooth, Enjoy!

Optional:

walnuts, almonds, cashews, chia seeds, hemp seeds, sunflower seeds, pumpkin seeds



KEYWORD

green smoothie, smoothie