

The “What is That?” Green Smoothie Recipe

This has become a staple to our work week mornings, as we can make them a few minutes before heading out the door... and sip on them through the morning. This recipe makes enough for both of us to have a nice size cup. We recommend spending a bit of time on Sunday night preparing a weeks worth of the foods that can be ziplocked in a freezer bag by single day portion (it makes things easier in the morning when everything is already cut up and ready for the blender.)

What you need:

A blender.

Base Ingredients:

1 cup of Spinach
1 cup of Kale or Romaine Lettuce
1 cup of Almond Milk
2 tablespoons of Lemon Juice
½ ‘square inch-ish’ of Ginger Root

Post Base Ingredients:

½ cup of Cucumber
½ cup of Celery
1 Apple and/or Pear and/or Peach and/or Kiwi
1 Avacado
1 Banana
1 pinch of Ground Red Pepper
1 pinch of Turmeric
1 pinch of Cinnamon

Again... we highly recommend prepping your cucumber, celery, apple/pear/peach/kiwi, avacado and bananas ahead of time and place them in a ziplock bag... then freeze. Not necessary, but for convenience and a nice cold temperature... we like it.

Now...

Pull out the blender.

Place your spinach, kale/romaine, almond milk, lemon juice and ginger root in the blender and fire it up so you create a nice liquidy base.

It's going to look gross.

After you have a nice base of the first round of ingredients... add the remaining ‘frozen’ ingredients and then fire the blender back up.

We make it really smooth... but you can blend it to your palettes liking.

Check out the YouTube video of us putting this all together... and let us know what you think.

<https://www.youtube.com/watch?v=A8pOiXhh9-E>