

SIMPLE GREEN SMOOTHIE RECIPE

Makes 2 servings

1 ½ cups of nut, coconut or oat milk

2 cups of spinach

1 frozen banana

1 apple

½ avocado

***Optional add-ins-* cacao powder, green powder, peanut or almond butter, frozen pineapple, dried shredded coconuts, protein powder**

***Tip-* I prefer to use a frozen fruit instead of ice cubes to keep my smoothie cold. Ice cubes will dilute the smoothie.**