Power It Up Green Smoothie

Whether you're looking for a quick breakfast, delicious lunch, refreshing snack or even a dinner alternative, a smoothie packs a satisfying and nutritious punch.

Smoothies are a great way to get protein, complex carbohydrates (fruit, vegetables and fiber) and healthy fats all blended into a yummy drink. This recipe is delicious, healthy and just the beginning of the flavor combinations you can try!

INGREDIENTS

1/2 cup water and/or ice
1/2 cup regular, almond, cashew or coconut milk (optional)
1/2 Cucumber
1/3 Green apple
1-2 cups Spinach
1 tsp Raw Honey
2 TBS Lemon Juice
1 TBS Apple Cider Vinegar
1 TBS Ground Flax Seed
1 scoop of your favorite protein powder (100 calories per scoop)

DIRECTIONS

Add all ingredients to a blender and blend until creamy and smooth. If too thick, add more water, ice or milk. Taste and adjust flavors as needed. Serve immediately. Each recipe serves 1; Power Up-240 calories