

Best Green Smoothie

This is everyone's favorite smoothie in my meal plan membership so I figured I would share it here!

Prep:
5 minutes

Cook:
0 minutes

Ready In:
5 minutes

Servings:
1



Ingredients

1 cup of frozen mango or pineapple (or both!)

1 small apple, cored and chopped

1/4 cucumber

1 stalk of celery, chopped

juice of 1/2 lemon

a hunk of ginger (1 inch)

1 cup of plant milk (I use west soy)

big handful of spinach or mixed greens

Instructions

1 Add everything into a blender and blend until smooth. I like to add in a little ice to make it super cold and a few drops of stevia to sweeten it a bit. I also use A LOT of ginger because it's so good. Make sure to stick to greens like spinach, baby chard, baby kale etc. If you are adding in spring mix it can get a weird taste from lettuces.