

## **LEMON-APPLE GREEN MONSTER SMOOTHIE**

- 2-4 cups of greens of choice (I rotate through baby spring mix, “power mixes” of greens, and spinach)
- 1 large apple, cored, and cut into pieces.
- 1 slice of lemon (seeded, and peeled, see notes above).
- 1 cup of liquid + more as needed (I usually mix coconut cream or full fat coconut milk with water for this, or have used coconut water and/or kombucha, which also adds sweetness. Apple juice or part apple juice would make this a lot sweeter, but use in moderation. You can also add a half or whole banana, which does change the taste.)
- 1 teaspoon of vanilla extract, optional
- 2 handfuls of ice

Add all of the ingredients to a high powered blender, and blend until frothy and smoothie. Scrape down the sides and add more liquid as needed. Make sure that the texture is smooth!

Enjoy

## **RASPBERRY-BANANA GREEN MONSTER SMOOTHIE**

- 2-4 cups of greens of choice (I rotate through baby spring mix, “power mixes” of greens, and spinach).
- ½ cup of frozen raspberries
- ½ – 1 frozen banana (or fresh)
- 1 cup of liquid + more as needed (I usually mix coconut cream or full fat coconut milk with water for this, or have used coconut water, which also adds sweetness. Apple juice or part apple juice would make this a lot sweeter, but use in moderation.)
- 1 teaspoon of vanilla extract, optional
- Small handful of ice

Add all of the ingredients to a high powered blender, and blend until frothy and smoothie. Scrape down the sides and add more liquid as needed. Make sure that the texture is smooth!

Enjoy