

Julia's Green Smoothie

Source: Better Vegan Category: Vegan Smoothies
Prep Time: 10 min Blend Time: 1 min Total Time: 11 min
Makes about one large 24oz glass



Ingredients:

2 cups filtered water
1 Tbsp. raw apple cider vinegar
1 stick celery, chopped
¼ green apple, chopped
2 large romaine lettuce leaves
3-4 large curly kale leaves
2 handfuls of spinach
1 handful of arugula (optional)
1 small handful of sprouts (optional)
2-3 sprigs of cilantro or parsley
1 ripe banana
4 thin slices of ginger root
3 thin slices of turmeric root or 1/4 tsp. of turmeric powder
Pinch of black pepper
2 Tbsp. lemon juice
1 tsp. bee pollen (optional)
5 drops of liquid stevia or to taste

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Recipe Link:

<https://www.betterveganrecipes.com/julias-green-smoothie>

Instructions:

1. Prepare the ingredients.
2. Tear the romaine lettuce and kale leaves into pieces and wash well along with spinach and cilantro or parsley.
3. Place in a blender with the rest of the ingredients and blend very well (texture should be smooth).
4. Chill well and serve.

Notes:

If you don't want any fruit in the smoothie, substitute green apple with 1/2 stick of celery and use 1/2 of a small avocado instead of the banana.

The smoothie will keep well in refrigerator for a couple of days.

Equipment needed:

Blender

Serving suggestion:

Great in the morning for breakfast or as an afternoon snack. Since it has fruit in it, I recommend drinking this smoothie on an empty stomach.