



Recipes

Beverages

Apple Pear Green Smoothie

Prep and Time: 15 minutes

Yield: 4 servings

Ingredients:

2 cups cold filtered water
6 cups spinach leaves (remove from stems)
5 cups romaine
2 stalks celery
4 cups kale (remove stem)
1 green apple
1 pear peeled and chopped
1/2 cup parsley
Juice from 1 lemon

Directions:

1. Add water and greens to high speed blender or Vitamix and blend.
2. Add parsley, celery, apple, and pear.
3. Add lemon juice and ice and blend on high.