Big Green Monster Smoothie

Makes 6 servings; 1 cup per serving
Per serving: 53 Calories; 0.0 g Saturated Fat; 30 mg Sodium

Ingredients

- 1 cup fat free or low-fat milk or non-dairy alternative
- 1 cup ice cubes
- 1 green apple
- 1/4 large cucumber
- 1 kiwifruit
- 1-2 handfuls spinach (washed and dried)
- 2 tablespoons fresh lemon juice
- 2 teaspoons honey

Tools Needed

- Measuring cups & spoons
- Vegetable peeler
- Blender
- Cutting board
- Knife
- Glass and straw
- Apple slicer (optional)
Directions

1. Using a cutting board and knife, cut apple and remove the core. Cut into chunks.

2. Using a vegetable peeler, peel cucumber and kiwi fruit and cut into chunks.

3. Cut lemon in half and squeeze out 2 tablespoons of juice.
Add all ingredients into the blender.

Pulse blender until completely blended and your smoothie is as thick as you want it.

Pour into glasses and serve immediately.