

Green Smoothie

Delicious blend of green apple, kale, spinach with a sprinkle of cinnamon to brighten up your morning.

Add a clean, single-ingredient protein powder or collagen powder (Great Lakes) for a boost to get your day started or to enjoy as a snack.



Green Smoothie Recipe

Recipe serves	
	1
Ingredient	Amount
Granny Smith Apple	1/2 cup
Spinach	1/2 cup
Kale	1/2 cup
Coconut or Nut Milk	8 fl oz
Cinnamon	1/2 tsp
Nut butter	1 tbsp
Options:	
Collagen	1 tbsp
Clean, single-ingredient protein powder	see package ----
	tsp

Instructions:

1. Add ingredients to blender.
2. Blend until thoroughly incorporated.
3. ENJOY!

This smoothie can be made the night before and kept in the



TheWholesomeBeet.com