

Smoothies, Blended Salads and Juices

Best Green Smoothie

Stephanie Remy



Serves: 1

Preparation Time: 15 minutes

Ingredients:

- 1 large Granny Smith Apple (or apple of your choice) cored and cut into chunks
- 1 large navel orange - peeled and cut into chunks
- 1 large banana
- 3/4 cup cooked garbanzo beans or canned low sodium or no-salt-added garbanzo beans
- 1 ounce avocado (several slices)
- 1 tablespoon ground flax seed
- 6 to 8 oz fresh baby spinach
- 1/2 - 1 cup ice cold water

Instructions:

Blend all ingredients in a high-powered blender until pureed and smooth or liquid enough to drink through a straw.

Per Serving:

CALORIES 329; PROTEIN 11g; CARBOHYDRATES 65g; TOTAL FAT 6.2g; SATURATED FAT 0.8g; SODIUM 103mg; FIBER 15.3g; BETA-CAROTENE 6509ug; VITAMIN C 87mg; CALCIUM 197mg; IRON 5.6mg; FOLATE 384ug; MAGNESIUM 172mg; ZINC 2mg; SELENIUM 5.1ug