



# The Glowing Green Smoothie

BY KIMBERLY SNYDER



## INGREDIENTS

Yield: about 24 oz 1 serving

- 1 cup water (I use coconut water)
- 1 cup organic romaine lettuce, chopped
- 1/2 cup stalks organic celery
- 2 cups of spinach
- 1 organic pear, cored and chopped
- 1/2 organic banana
- 1 Tbs fresh organic lemon
- Optional - 1 Tbs of flax seed
- Optional- Add protein powder

Although I would suggest using all organic produce, I understand it can become costly. I would suggest you always use organic apples, pears, lemons, lettuce, and spinach. These items are treated with an enormous amount of pesticides on them leaving the skin on all of these.

## DIRECTIONS

Made up of about 70 percent green vegetables and 30 percent fruit, this smoothie helps you eat far more greens than you ordinarily could. Because we blend the greens and fruit for easy digestion, your body is able to absorb more of the vitamins and minerals without working so hard.

Thanks to all its nutrients and fiber, the smoothie is incredibly filling, so it keeps you from reaching for that midmorning second cup of coffee and that bagel you really didn't want to eat. Add water and chopped head of romaine to blender. Blend at a low speed until smooth. Add spinach, celery, apple, and pear, and blend at high speed. Add cilantro and parsley (which help chelate heavy metals from your body). Finish with banana and lemon.