

Green Goddess Elixir



< 15 min



1 serving



Ingredients

- ½ cup almond milk (or other non-dairy/soy milk)
- 1 kiwi (peeled)
- ½ ripe avocado
- 1 Tbsp lime juice
- ½ cup diced green apple
- ¼ cup cucumber
- ½ inch diced fresh ginger
- ¼ inch diced fresh turmeric
- 1 celery stalk (with leaves)
- ½ broccoli sprouts (or choose your favorite)
- ½ cup spinach (or other leafy green)
- ½ cup parsley
- 1 cup filtered water

Preparation

Blend all the ingredients together. Garnish with mint. Serve and Enjoy!

*For those who are sensitive to sugar, reduce the kiwi and apple and substitute with a flavored essential oil.



Start your morning with a nutritious green smoothie to help relieve stress and fuel your body throughout the day.

- Protein (almonds)
- Immune boost (turmeric)
- Vitamins, minerals & fiber (avocado, spinach, parsley, celery)
- Antioxidants (ginger, broccoli sprouts, kiwi, lime juice)