

Green Power Smoothie

Swick

Makes 5 cups | Active Time: 20 minutes | Total Time: 20 minutes

Chef's Notes

For other additions, try vanilla, ginger, herbs, cocoa, maca or vanilla. For a colder smoothie, add frozen fruit or ice.

Blending the Smoothie

To prepare the smoothie, in blender, add all ingredients and combine until smooth.

Step 1: Blending the Smoothie

- 2 cups non-dairy milk of choice
- 1 1/2 to 2 cups fruit, fresh or frozen
- 2 to 3 tbsp sweetener, optional
(agave, yacon or honey)
- 1 to 2 cups greens of choice (kale, spinach, romaine, etc.)