

Apple-a-Day Green Smoothie

Serves 1 | Active Time: 5 minutes | Total Time:

Swick

Chef's Notes

RECIPE TIPS

Don't have mango? No worries. You can swap in a peeled orange for each cup of mango.

Frozen Bananas: Line a baking sheet with parchment paper. Freeze bananas on prepared sheet for at least 2 hours.

Chia Seeds: Look for chia seeds in the natural foods or baking aisles at your grocery store. For most recipes, either ground or whole will work.

Step 1: Make Smoothie

- 3 bananas sliced & frozen (≈2 cups)
 - 3 apples peeled & chopped (≈3 cups)
 - 3/4 Persian cucumber cut into thick slices (≈3/4 cup)
 - 4 1/2 oz baby spinach (≈4 1/2 cups packed)
 - 7 1/2 oz fresh or frozen mango (≈1 1/2 cups)
 - 2 1/4 tablespoons chia seeds
- In a high-powered blender (or food processor), purée frozen bananas, apples, cucumbers, spinach, mango, and chia seeds with 1/2 cup water until seeds are pulverized and ingredients are incorporated. Add additional fruit or water if needed to reach desired consistency.
- Enjoy immediately.