

# Big Green Smoothie

*Swick*

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

## Chef's Notes

Allow at least two hours extra to freeze the sliced bananas and sliced cucumber if you are making this recipe from start to finish in one day.

## Step 1: Blend Smoothie

- 3/4 banana, sliced (≈3/4 cup)
  - 3/4 mini cucumber, sliced (≈3/4 cup)
  - 4 1/2 oz baby spinach stemmed & torn (≈4 1/2 cups)
  - 7 1/2 oz frozen mango (≈1 1/2 cups)
  - 1/3 cup fresh parsley (optional) finely chopped
  - 1/4 cup fresh lemon juice
  - 3 tablespoons hemp seeds (optional)
- In a high-powered blender (or food processor), combine frozen bananas and cucumbers, spinach, frozen mango, parsley (if using), lemon juice, and hemp seeds (if using). Purée until ingredients are incorporated and seeds are pulverized. Add a bit of water if needed to reach desired consistency.