

Super Green Smoothie

Ingredients:

- 1 large, peeled cucumber, coarsely chopped
- 1 large Granny smith apple, cored and seeded, coarsely chopped
- ½ avocado
- 1 handful arugula or kale
- ½ cup of fresh pineapple chunks
- Celery juice

Directions:

1. Place all items in a blender (preferably a high-speed) and run until smooth.
2. Add celery juice to desired consistency.
3. Drink immediately.

Tip: This smoothie is an excellent meal replacement and can substitute a breakfast. If either of the greens is too strong, replace them with baby spinach or parsley until the palate grows accustomed to the stronger flavors of the arugula or kale.

Servings: 1-2

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