

The Green Smoothie Recipe

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Serves: 1 Prep Time: 10 minutes

INGREDIENTS:

- ~ 1 cup romaine lettuce
- ~ 1 mint sprig
- ~ 1/2 avocado
- ~ 4 T fresh-squeezed lemon juice
- ~ 1 kiwi
- ~ 3 - 6 drops [NOW Better Stevia Extract](#)
- ~ 2 T [Bob's Red Mill Golden Flaxseed Meal](#)
- ~ 1 cup tap water
- ~ 1/4 cup ice cubes

TOOLS:

[Anchor Hocking Glass Measuring Cup](#)
[Stainless Steel Juicer](#)
[Stainless Steel Measuring Spoons](#)
[Blendtec Total Classic Blender](#)

INSTRUCTIONS:

1. Tear romaine lettuce into 1-2 inch pieces with hands and place in blender.
2. Tear mint leaves from stem and place in blender. Throw away the stem.
3. Cut avocado in half. Scoop out one side of avocado and place in blender. Throw away the pit.
4. Fresh-squeeze lemons using stainless steel juicer and pour juice in blender.
5. Cut kiwi in half. Scoop out both sides of kiwi and place in blender. Throw away peel (optional: use peel in recipe).
6. Drop NOW Better Stevia Extract into blender (to taste).
7. Scoop Bob's Red Mill Golden Flaxseed Meal from bag and place in blender.
8. Pour tap water into glass measuring cup and place in blender.

9. Place ice cubes in blender (to taste).
10. Blend ingredients together in blender. Enjoy.

NUTRITION FACTS:

Calories 261 Carbs 28.5 g Fat 16.3 g Protein 6.2 g Cholesterol 0 mg Sodium 12.8 mg
Fiber 12.5 g Sugar 9.4 g Calcium 6.8% Iron 8.2% Potassium 858.2 mg Vit A 3.6% Vit C 192.8%
Vit D 0%

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