

# Green Smoothie

Serves: 2

Total Time: 5 min

## Supplies

- 1 blender

## Ingredients

- 1 head romaine lettuce, stem removed
- 1 big handful parsley
- $\frac{1}{2}$  avocado
- $\frac{1}{2}$  cucumber, peeled and deseeded
- 1 handful raw, presoaked cashews
- 1 lime, juiced
- 1-2 cups coconut water
- 1 small granny smith apple, core and seeds removed

## Instructions

- Combine all ingredients into a blender
- Turn on and gradually bring the speed from low to max
- Blend thoroughly until smooth
- Serve and enjoy!

