



## Avocado Apple Smoothie

Serving: 1

Veg

### *Ingredients*

- -1/2 cup apple juice
- -1/2 cup spinach or kale (stemmed and chopped)
- -1/2 apple (unpeeled, cored, and chopped)
- - 1/2 avocado (chopped)

### *Preparation Method*

- Step 1 – add all ingredients to blender
- Step 2 – blend until smooth
- Step 3 – enjoy
- Add the ingredients one at a time to ensure a smooth blending process.
- Start with the greens, like spinach or kale, then add the fruits and other ingredients later.