**Youthful Glow Green Smoothie:**

* 2 Handfuls approximately 2 cups Kale or Power Greens Mix
* 2 Handfuls approximately 2 cups Baby Spinach
* 2 cups Pure Apple Juice
* 1/2 Cucumber
* 1/2 Lemon squeezed (for extra benefits, use the juice from an entire lemon)
* 1 Banana
* Ice
* Optional:
* 1 teaspoon Fresh Ginger grated

