

Fall Green Smoothie

Serves: 1

INGREDIENTS:

1/2 cup cucumber
1/2 zucchini, sliced into rounds
1/2 apple
1/4 ripe avocado
Chunk of ginger
Fresh spinach leaves
Ice/filtered water to blend



Serving size: 1 cup

INSTRUCTIONS:

1. Slice and dice fruits/veggies to be the same thickness.
2. Chop a chunk of ginger from the root. Should be about the size of your thumb-pad!
3. Blend with ice and water until smooth and creamy!