

Big Green Monster Smoothie

Makes 6 servings; 1 cup per serving
Per serving: 53 Calories; 0.0 g Saturated Fat; 30 mg Sodium

Ingredients



1 cup fat free or low-fat milk or non-dairy alternative



1 cup ice cubes



1 green apple



1/4 large cucumber



1 kiwifruit



1-2 handfuls spinach (washed and dried)



2 tablespoons fresh lemon juice



2 teaspoons honey

Tools Needed



Measuring cups & spoons



Vegetable peeler



Blender



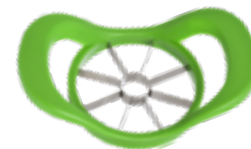
Cutting board



Knife



Glass and straw



Apple slicer (optional)

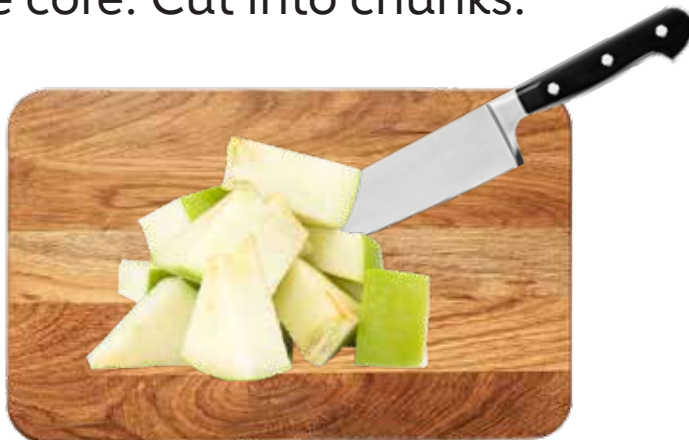
Directions

1

Using a cutting board and knife, cut apple and remove the core. Cut into chunks.



(optional tool)



2

Using a vegetable peeler, peel cucumber and kiwi fruit and cut into chunks.



3

Cut lemon in half and squeeze out 2 tablespoons of juice.



2 tablespoons

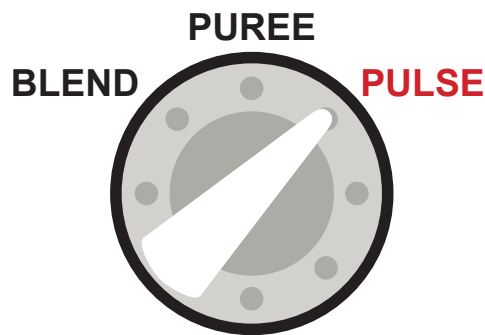
4

Add all ingredients into the blender.



5

Pulse blender until completely blended and your smoothie is as thick as you want it.



6

Pour into glasses and serve immediately.



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