



STRAWBERRY GREEN SMOOTHIE



SERVES: PREP TIME: COOK TIME:

2 | 10M | 0M

DAIRY FREE GLUTEN FREE VEGAN VEGETARIAN

INGREDIENTS:

- ½ Cup Crofter's Organic Premium Strawberry Fruit Spread
- 1 Cup Kale
- 1 Cup Baby Spinach
- ½ Cup Celery
- ½ Cup Cucumber
- ½ Cup Green Apple
- ½ Cup Green Grapes
- 1 Banana
- 1 Avocado
- ½ Cup Coconut Yogurt
- 1-2 Tbsp Fresh Lemon Juice
- 1 Cup Coconut Water
- 1 Cup Crushed Ice
- Fresh Strawberries (Sliced for Garnish)

DIRECTIONS:

1. Start by washing all your vegetables and fruits. Chop up the celery and green apple into bite sized chunks and slice the cucumber into small rounds.
2. Now add in all the ingredients to a smoothie blender and blend on high speed until all of the ingredients in the smoothie have broken down. The kale and spinach may take a little while so try pulsing with the blender until you're happy with the consistency.
3. Pour the smoothie into a tall glass and top with some thinly sliced fresh strawberries. Serve immediately and enjoy!