

Amazing Green Beauty Smoothie



Ingredients

- 1 cup spinach or kale
- 1 cucumber
- 1/2 ripe avocado
- 1 inch fresh ginger root
- 1 cup almond milk (or milk of choice)
- 1/2 ripe banana (freeze banana for ice cream like texture)
- Ice cubes
- Raw honey or stevia to taste

Instructions

1. Very easy to make. Just combine all ingredients together to your liking and blend to a smooth consistency. Adjust sweetness to taste. Leftovers can be refrigerated for up to 24 hours.