



THE GREEN GODDESS SMOOTHIE

Jay
Halford

GLUTEN FREE > DAIRY FREE > VEGAN >

INGREDIENTS:

Recipe makes approximately 500ml

- 1/2 cucumber
- 1 stick of celery
- 1 lime
- 2 apples
- handful of kale
- 1/4 an avocado

METHOD:

Firstly, juice your:

Celery
Cucumber
Lime
Apples
Kale

Then transfer to your blender with the avocado and also some ice if you would like to serve chilled.

Little Tip:

When juicing, pack your kale and lime in between your two apples when pushing it through, especially if you are using a centrifugal juicer; you will get a lot more out of it.