

Just Greens Breakfast Smoothie

1 serving

1/2 granny smith organic apple, washed, cored but with skin if organic

2 stalks organic celery, chopped

1 cup chopped organic romaine lettuce

1/2 cucumber with skin if organic, peel if not organic

1/2 of a medium Haas avocado

Handful of parsley

1 cup filtered water

Juice of 1 lemon

Pinch of stevia (optional)

- Chop vegetables into 1 inch pieces for easy blending.
- Add all ingredients into blender except water.
- Fill blender with approximately 1 cups filtered water (more or less water depending on how thick you desire your shake).
- Puree till smooth or desired consistency
- Taste and a little stevia if you want it to be sweeter

You can take this to work with you, put in a sealed container, it will stay in the refrigerator for a few hours. It is surprisingly delicious, creamy and a little tart.