



## Just Greens Protein Smoothie

The avocado will fill you up keeping you satisfied for many hours.

2 servings

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  
2 tsp maca (optional)  
Handful of parsley  
2 Tb ground flax seed  
1 Tb protein powder (hemp or sun warrior)  
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
- Puree till smooth or desired consistency (add more or less water depending on how thick you desire your shake).
- Taste and a little stevia if you want it to be sweeter

If you 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.