Big Green Monster Smoothie
Makes six (6) 4-oz. (½-cup) servings.

Ingredients
1 green apple, cored and cut into large chunks (leave skin on)
1-2 handfuls of washed spinach
¾ large cucumber, peeled and cut into chunks
1 kiwi, peeled and cut into chunks
2 tablespoons fresh lemon juice
1 cup low-fat milk (or milk substitute or water)
2 teaspoons honey
1 cup ice cubes

Directions
Add all ingredients into a blender. Pulse until thoroughly blended. When blended to desired consistency, pour into cups and serve.

Recipe Notes
- Food allergies and sensitivities: This recipe includes milk. Water or milk substitute can be used in place of milk, if necessary.
- If ice cubes aren’t available, use chilled ingredients for best results.
- Try adding cinnamon, vanilla or ginger to change the flavor of the smoothie.
- If listed vegetables and fruits aren’t available, substitute other green produce items such as parsley, pears, peas, kale, leaf lettuce, greens or green beans. Note: The flavor profile and nutrition information will change.