

Emerald Smoothie



Ingredients

- 1 cup spinach
- 1 cup chopped kale
- ½ small green apple
- 1 stalk celery
- 40 grams or ¼ medium avocado
- 2 tbsp hemp seeds
- 1 tbsp lemon juice
- 1 large tbsp monk fruit or 20 grams
- 1 tsp spirulina
- 1 ½ cups unsweetened vanilla coconut milk

Preparation

1. **Add all ingredients to a blender and blend till smooth.**