

# Super Green Smoothie

Jessica D'Ambrosio, Melissa Gaman, Young Sun Huh, Khalil Hymore, Steve Jackson, Amy Stevenson  
Food Network Magazine - January/February 2021

*2 cups chopped mixed greens (kale, spinach and/or Swiss chard)*  
*1 1/2 cups cold coconut water*  
*1 cup frozen pineapple chunks*  
*1 green apple, peeled and chopped*  
*1/2 avocado*  
*2 teaspoons greens powder*  
*2 teaspoons honey or agave*  
*2 teaspoons grated fresh ginger*  
*2 teaspoons lemon juice*  
*1 cup ice*

In a blender, combine the mixed greens, cold coconut water, pineapple, apple, avocado, greens powder, honey, ginger, lemon juice and ice. Blend until smooth.

Pour into a glass.

---

Per Serving (excluding unknown items): 226 Calories; 16g Fat (56.8% calories from fat); 2g Protein; 24g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 20mg Sodium. Exchanges: 1 1/2 Fruit; 3 Fat.