

Glowing Green Smoothie Recipe by Kimberly Snyder

Ingredients

Serves 4

7 cups chopped spinach (about a medium bunch)

6 cups chopped romaine lettuce (about 1 small head)

2 cups cold filtered water

1½ cups chopped celery (about 2 medium stalks)

1 medium apple, cored and coarsely chopped

1 medium pear, cored and coarsely chopped

1 medium banana, peeled and cut in thirds

2 tablespoons freshly squeezed lemon juice

1/2 cup minced fresh cilantro (stems are okay)(optional)

1/2 cup minced fresh parsley (stems are okay)(optional)

Directions

Fill the blender with 2 cups of water. Blend the spinach and romaine until smooth.

Add the celery, apple, pear, and herbs (if using) and blend again until smooth.

Finally, add the lemon juice and banana, and do your last blend.

Pour and eat fresh!