



Power Up Smoothie

INGREDIENTS

1½ cups Water and/or ice
1 stalk Celery
1 TBS Parsley or Cilantro
1 TBS Chia seeds

1/3 Cucumber
½ Carrot
2 TBS Lemon Juice
1 scoop protein powder

1-2 cups Spinach
¼ green Apple
1 TBS Apple Cider Vinegar
½ tsp Cinnamon or Honey (optional)

DIRECTIONS

Add all ingredients to a blender and blend until creamy and smooth. If too thick, add more water, ice or milk. Taste and adjust flavors as needed. Serve immediately. Each recipe serves 1; 240 calories