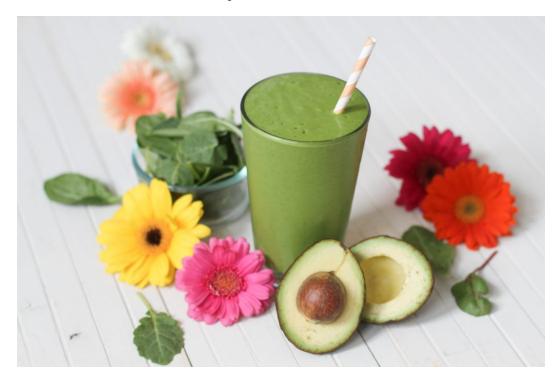
## Creamy Green Smoothie



Author: Recipe modified from Dr. Gundry's Detox Smoothie https://gundrymd.com/plant-paradox-green-smoothie-recipe/

Servings: 1

Prep Time: 5 minutes

- 1+ cups spring/filtered water
- 1/2 cup Unsweetened Organic Almond/Coconut Milk
- 1 1/4 cups chopped lettuce (mix of Romain & green leaf)
- 1/2 cup baby spinach
- 1-2 mint sprig, with stem
- 1/2 avocado
- Juice from 1 lemon, freshly squeezed
- 1/2 teaspoon Organic Stevia Powder Or 1/16th teaspoon Organic Monkfruit powder (erythritol free)
- 6 ice cubes from spring/filtered water

## Instructions

1. Gather your veggies.

## Creamy Green Smoothie

- 2. Peel and roughly chop all your veggies
- 3. Place all your veggies, stevia or Monkfruit powder, and avocado along with your water. Squeeze the juice of the lemon into the blender.
- 4. Blend it up on high for a minutes or two or until well blended. Add more water if shake is too thick.
- 5. Enjoy!