

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 dropper Organic Stevia (liquid) Or 1/4 teaspoon Organic Monkfruit powder (erythritol free)
- 6 ice cubes from spring/filtered water

Instructions

1. Gather your veggies.

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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!