

Smoothie – Whole 30

GREEN MACHINE SMOOTHIE and Apple

\$3.63/SERVING EST



Ingredients and groceries scaled from original 1 serving

5 cups frozen spinach

2 ½ bananas frozen

7 ½ cups almond milk

2 ½ avocados

10 tablespoons hemp seeds

Prep: 5 mins

1. Combine everything into a blender and blend until well combined, about 30-60 seconds.

APPLE

\$0.44/SERVING EST

Ingredients and groceries scaled from original 1 servings

5 apples sliced