

CUCUMBER MINT GREEN SMOOTHIE

INGREDIENTS

ITEM	QUANTITY
• Peeled and Chopped Cucumber	1 Cup
• Baby Spinach	1 Cup
• Kiwifruit, Peeled	2
• Lactose-free Greek Yogurt	½ Cup
• Unsweetened Coconut Milk (Canned)	½ Cup
• Cold Water	½ Cup
• Fresh Mint Leaves	8-10
• Fresh Lime Juice	1 Tbsp.
• Maple Syrup, optional	1 Tsp.
• Ice	½ Cup

SERVING SIZE **ABOUT 1½ CUPS**

PREPARATION

- Add all ingredients to a high-speed blender.
- Blend until smooth and creamy.
- Add a little additional water if needed to reach your preferred consistency.
- Divide between two glasses and serve immediately.

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