

Green Goddess Smoothie



Prep:

5 minutes

Total:

5 minutes

Makes:

5 servings, 1 cup each

Utensil:

Blender

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Recipe:

Contributed By:

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Recipe Description:

This simple smoothie recipe combines dark, leafy collard greens with vitamin C rich fruits for a nutritionally powerful way to start your day.

2 cups
non-dairy milk, soy, rice, almond or hemp
(480
mL)

Directions:

1. Place all ingredients in a blender and process until smooth. Add ice, if chilled drink is desired, and process.

Tips:

- Strawberries and/or peaches can be frozen for a cool and frosty smoothie.

Nutritional Information per

▼ Serving

Calories:	139
Total Fat:	2g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	55mg
Total	27g

Carbs:
Dietary Fiber: 5g
Sugar: 18g
