



Cooking Together with Lily

Green Smoothie

Ingredients

- 1 ripe banana (use frozen banana for a thicker, creamier smoothie)
- 1 apple
- 1 small or ½ large cucumber
- 1 cup spinach
- A few mint leaves
- ½ lemon
- 1-2 handfuls of ice
- ½-1 cup water



Directions

1. Chop the banana, apple, and cucumber into pieces and add them to the blender along with the spinach and a few of the mint leaves.
2. Juice the lemon into the blender.
3. Add in the ice and the water, starting with 1/2 cup.
4. Blend until smooth and creamy, add more water if your smoothie is too thick. You may need to stop the blender once or twice to scrape down the sides so everything gets completely blended.
5. Once it is the thickness that you like, pour into two glasses, top with a couple more mint leaves and enjoy!

Mix it up!

Make this smoothie your own by changing up the fruits and greens in it. We recommend leaving in the banana as it will give your smoothie a nice, creamy texture, but you can swap out the apple and spinach depending on what you like or have on hand. Substitute 1 cup of your favorite fruit for the apple and 1 cup of any green for the spinach. You can leave in the mint or take it out depending on the flavors of the fruit you use.

A few of our favorite fruits and greens to add:

- Blueberries
- Strawberries
- Raspberries
- Mango
- Pineapple
- Kiwi
- Peach
- Kale
- Romaine
- Collards greens