

Green Blender Juice or Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Combine all ingredients together in a blender. Blend very well until smooth. Be patient! It may take some time to really liquify.
2. Pour into a glass and enjoy as a smoothie. Or for a juice, use a nut-milk bag or cheesecloth to strain the smoothie. Pour the smoothie into the bag then use your clean hands to squeeze out all the liquid into a bowl. (Note: You can also use a strainer and the back of a spoon for this step, it just takes a bit longer.) Pour the juice into a glass and discard the pulp. Enjoy!

Ingredients

- 1 1/2 cups Pineapple (diced)
- 1 Cucumber (diced)
- 1 cup Parsley
- 4 cups Baby Spinach
- 1 tbsp Ginger (peeled)
- 1 Lemon (juiced)
- 10 Ice Cubes

Nutrition

Amount per serving

Calories	234	Monounsaturated	0g
Fat	2g	Carbs	56g
Saturated	0g	Fiber	10g
Trans	0g	Sugar	32g
Polyunsaturated	0g	Protein	9g