

Green Monster Smoothie

Yield: 1 min
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/kale-swiss-chard-spinach-smoothie-recipe>

Ingredients:

- 1 handful kale
- 1 handful spinach
- 1 handful romaine lettuce
- 1 handful Swiss chard
- 1 handful fresh spinach 50 g
- 3 leaves kale de-stemmed, 50 g
- 1/2 zucchini a small, chopped into a few pieces, 85 g
- 1 rib celery chopped into a few pieces, 65 g
- 1 cup frozen peach slices 140 g
- 1/2 cup strawberries frozen sliced, 70 g
- 1 scoop plant based protein vanilla, 30 g
- 1 1/2 cups milk plant-based, or water
- 1 tablespoon hemp seeds
- 1 teaspoon spirulina powder optional
- 1 teaspoon moringa powder optional
- 1 piece fresh ginger root optional