

Green Smoothie

Recipe By Rorie Weisberg



Cooking and Prep:  05
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Serves:  1

Contains: 

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Vegan,
Pescetarian, Gluten Free, Low
Fat, Sugar Free

Source: Family Table by
Mishpacha Magazine

It's hard to find time for a well-balanced breakfast. During a hectic morning, you don't have a spare minute to fix a real meal, never mind time to check that all those macros are included! This Green Smoothie, originally created by my sister Reva, changes everything. Just prepare the recipe in the evening, leave it in the refrigerator overnight, and voila! Wake up to a delicious macro meal, ready and waiting.

Ingredients (8)

Main ingredients

- 3/4 cup kale leaves
- 3/4 cup spinach leaves
- juice of 1/2 lemon (optional)
- 3/4 – 1 cup chopped honeydew, fresh or frozen

- 1/4 – 1/2 avocado (the more avocado, the creamier it will be)
 - 2 scoops protein powder of your choice (I like Marine Collagen Peptides)
 - 1/2 – 1 cup coconut-almond milk, unsweetened (I use Califia Farms)
 - ice cubes (*optional*)
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Start Cooking

Prepare the Smoothie

1. Place kale, spinach, honeydew, lemon juice, avocado, protein powder, and half a cup of coconut-almond milk into the bowl of a NutriBullet or blender and blend.
 2. If the consistency is too thick for your liking, add up to half a cup more milk and ice cubes.
- Enjoy!

Credits

Photography: Moishe Wulliger

Food Styling: Renee Muller