

GREEN GODDESS SMOOTHIE

(1 serving)

INGREDIENTS:

- ¼ long cucumber (or approximately ½-¾ cup, diced)
- juice of 1 lemon
- 3 stalks of celery
- ½ cup pineapple
- 1 thumb size piece of ginger, peeled
- 2tbsp of fresh mint or parsley

DIRECTIONS:

Toss all ingredients in blender and add ¼ cup water. Add a few chunks of ice and blend until smoothie consistency.

Pour in a glass and enjoy!