



## 21DSD Creamy Green Apple Smoothie

### Ingredients

- 2 cup fresh spinach
- 1 green apple, peeled and cored, roughly chopped
- ½ avocado
- ½ cup coconut milk
- 1½ cups water
- juice of ½ lemon
- handful of ice

### Instructions

- 1 Pour liquid into your [Blendtec](#) or other blender.
- 2 Then add the apple, avocado, spinach, and lemon juice.
- 3 Then add ice.
- 4 Mix well until completely smooth.
- 5 Drink up buttercup.

<http://paleomg.com/21dsd-creamy-green-apple-smoothie/>