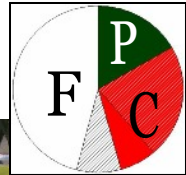


SMOOTHIES

Avocado Cucumber Green Smoothie

Detox and alkalize with green vegetables.



Serves one
1 large (9 oz.) peeled cucumber
2 green onions
1 (2 oz.) stick of celery
1 (4 oz.) peeled and pitted avocado
juice of 1 lime
1 cup filtered water
1/2 cup nonfat yogurt
2 oz. spinach
1/4 tsp. sea salt
dash of turmeric

1 Cut cucumber in pieces and place in Vitamix or heavy-duty blender.

2 Add green onions and stick of celery.

3 Halve and scrape out flesh of avocado and place in blender.

Caloric Density = .63 calories per gram.

4 Citrus juice lime, add water, and add to the blender.

5 Add yogurt.

6 Add spinach.

7 Add salt and turmeric.

8 Blend the contents on high until smooth. This will require the use of a tamper stick with the Vitamix.

This is a great smoothie for alkalizing. Typically we eat too much acid-producing food, which can promote disease.

This smoothie can be made vegan or raw vegan by adding one tbs. of chia seeds instead of yogurt. The yogurt provides part of the tart taste.



About one third of a serving. Without it, add something tart such as more lime juice or lemongrass.

Nutrition Facts	
Avocado Cucumber Green Smoothie	
Serving Size 932.0 g (932.0 g)	
Amount Per Serving	
Calories 342	Calories from Fat 168
% Daily Value for 1750 cal	
Total Fat 18.8g	32%
Saturated Fat 2g	15%
Cholesterol 5mg	2%
Sodium 727mg	30%
Total Carbohydrate 35g	18%
Dietary Fiber 13g	53%
Sugars 17g	
Protein 12g	
Vitamin A 108%	Vitamin C 107%
Calcium 32%	Iron 25%

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