

## Tart Green Smoothie

Serves 1; adapted from Nutrition Stripped

Calories: 164 Fat:2g Carbohydrate: 40g Protein: 4g

### Ingredients:

- 1 cup water
- 1/4 cup unsweetened coconut milk
- 4 leaves romaine, torn in pieces
- 1 green apple, cut into smaller pieces
- 1 stalk celery
- 1 handful of spinach
- juice of 1 lemon
- juice of 1 lime
- 1 tsp local honey

### Directions:

Wash all produce.

Blend ingredients together with several ice cubes in a high-powered blender

