



## Green Revive Smoothie

**Active Time:** 5 minutes | **Total Time:** 5 minutes | **Serves:** 1

### Nutrition Information Per Serving

200.8 calories, 19.98 g carbohydrate, 11.68 g fiber, 8.3 g NET carbs, 4.33 g protein, 15.06 g fat

#### Ingredients

- 1 cup Earthbound Farms Red Leaf Lettuce
- 2 stalk(s) organic celery
- 1 Tbsp organic fresh parsley
- 1/2 whole(s) organic lemon, juiced
- 1/2 medium(s) organic avocado
- 2 cup(s) spring or filtered water

#### Preparation

1. Add all ingredients to a Vitamix or blender.
2. Blend until smooth

This free recipe cannot be redistributed without prior permission from MealGenius.com.  
If you have obtained this recipe from any source other than MealGenius.com please contact us.