



## Super Green Apple-Ginger Smoothie

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

### Nutrition Information Per Serving

124.4 calories, 28.26 g carbohydrate, 6.27 g fiber, 21.99 g NET carbs, 2.34 g protein, 0.68 g fat

#### Ingredients

- 1 medium organic green apple, cored
- 1 stalk organic celery stalk, chopped
- 1/2 cup(s) chopped organic kale
- 1/2 cup(s) cilantro
- 1 Tbsp fresh lemon juice
- 1/2 inch(es)(s) minced ginger
- 8 ounce(s) filtered water

#### Preparation

1. Add all ingredients to a high powered blender.&nbsp;
2. Blend with ice until&nbsp;desired consistency is reached.
3. Serve.&nbsp;

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