

Apple-a-Day Green Smoothie

Swick

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

Chef's Notes

RECIPE TIPS

Don't have mango? No worries. You can swap in a peeled orange for each cup of mango.

Frozen Bananas: Line a baking sheet with parchment paper. Freeze bananas on prepared sheet for at least 2 hours.

Chia Seeds: Look for chia seeds in the natural foods or baking aisles at your grocery store. For most recipes, either ground or whole will work.

Step 1: Make Smoothie

- 3 bananas sliced & frozen (≈ 2 cups)
 - 3 apples peeled & chopped (≈ 3 cups)
 - $\frac{3}{4}$ Persian cucumber cut into thick slices ($\approx \frac{3}{4}$ cup)
 - 4 $\frac{1}{2}$ oz baby spinach ($\approx 4 \frac{1}{2}$ cups packed)
 - 7 $\frac{1}{2}$ oz fresh or frozen mango ($\approx 1 \frac{1}{2}$ cups)
 - 2 $\frac{1}{4}$ tablespoons chia seeds
- In a high-powered blender (or food processor), purée frozen bananas, apples, cucumbers, spinach, mango, and chia seeds with $\frac{1}{2}$ cup water until seeds are pulverized and ingredients are incorporated. Add additional fruit or water if needed to reach desired consistency.
- Enjoy immediately.