

Big Green Monster Smoothie

Makes 6 servings; 1 cup per serving
Per serving: 53 Calories; 0.0 g Saturated Fat; 30 mg Sodium

Ingredients

1 cup fat free or
low-fat milk
or non-dairy
alternative

1 cup ice
cubes

1 green
apple

1/4 large
cucumber

1 kiwifruit

1-2 handfuls
spinach
(washed and dried)

2 tablespoons
fresh lemon
juice

2 teaspoons
honey

Tools Needed

Measuring
cups & spoons

Vegetable
peeler

Blender

Cutting board

Knife

Glass and
straw

Apple slicer
(optional)

Directions



4

Add all ingredients into the blender.

5

Pulse blender until completely blended and your smoothie is as thick as you want it.

6

Pour into glasses and serve immediately.