

The Green Goblin Smoothie

Serving size: 7 oz.

Total time: 5 minutes

Ingredients



- 2 cups fresh baby spinach
- 1 cup coconut water
- 2 cup frozen green grapes
- 2 peaches, sliced

Preparation

1. Puree all the ingredients in a blender until the mixture is gorgeously smooth. If you find that it's a bit too thick, add a bit more coconut water, tap water, or even a splash of non-dairy milk.

Nutritional Information Per serving

Calories: 103

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0g

Total Carbohydrate: 26g

Dietary Fiber: 2g

Protein: 2g

Sodium: 32g