

Mojito Green Smoothie

Serving size: 6-8oz; makes 4 Servings

Prep time: 5 minutes

Total time: 5 minutes

Ingredients

- 1 cup unsweetened coconut water
- 1/2 cup mango
- 1/2 cup fresh spinach
- 1/2 cup cucumber, peeled and seeded
- 1/4 avocado
- 1 Tbsp lime juice
- 1 Tbsp chia seeds
- 4-5 fresh mint leaves
- 1 tsp honey or 2-3 drops of liquid stevia
- Ice



Preparation

1. Wash all produce.
2. Peel, seed, and chop cucumber. Peel and chop mango.
3. Combine all ingredients in a high-speed blender.
4. Blend until smooth and well combined.
5. Serve into 6 individual servings (~3/4 cup). Serve cold and enjoy!

Nutritional Information

Per serving

Calories: 54, Total Fat: 3g, Saturated Fat: 0g, Cholesterol: 0mg

Total Carbohydrate: 8g, Dietary Fiber: 2g, Sugar: 5g

Protein: 1g, Sodium: 6mg, Potassium: 200mg

Adjusted from: <http://www.themodernbuttery.com>