



Green Goddess Smoothie

<https://classicbakes.com/recipes/green-goddess-smoothie>

- **Prep Time:** 10 mins
- **Cook Time:** 0 mins
- **Total Time:** 10 mins
- **Serves:** 1 person



Ingredients

- 1 cup [Unsweetened Vanilla Almond Milk](#)
- 1 [Granny Smith Apple](#), peeled and medium chopped
- 1 cup [Fresh Spinach](#)
- 1 tablespoon [Chia Seeds](#)
- 1/2 medium [Avocado](#)
- 1 medium [Banana](#), fresh or frozen
- [Lemon](#) slices (optional)
- Fresh [Parsley](#) for garnish (Optional)

Instructions

1. To a large [high-speed blender](#), add the almond milk, apple, spinach, chia seeds, avocado and banana. Blend on high for 1 to 2 minutes until smooth.
2. Pour into a [glass](#), and add a squeeze of lemon to taste. Garnish with fresh parsley.

Full recipe: <https://classicbakes.com/recipes/green-goddess-smoothie>