

# Glowing Green Smoothie



This Glowing Green Smoothie is a nutritional powerhouse filled with spinach, avocado, pineapple, chia seeds and almond milk for more energy.

## How to make a green smoothie

**Step 1: Figure out base ingredients you want to use.** My recommendation is to **start with a leafy green** like spinach, kale, collard greens or lettuce. Lettuce is the most mild, while kale has the most pronounced flavor.

Then **pick a liquid** to use like almond milk, regular milk, water or even coconut water. Milk will give it more of a milkshake/smoothie consistency, while water will give it more of a juice consistency.

Finally **pick a fruit to balance out the flavor of the leafy green.**

Those are the three essential ingredients for making a green smoothie. Then **you can add more flavor, more sweetness, more texture, or more nutritional value** with all kinds of added ingredients. This includes seeds, protein powders, natural sweeteners, nuts or nut butters, oils or spices.

**Step 2: Put it all in a blender** and blend until it's smooth with no lumps of leafy greens or fruits.

**Spinach:** It has high levels of folate, which helps to maintain and repair DNA – great for renewing skin!

**Avocado:** It's full of monounsaturated fatty acids, which are the good fats that help keep your skin moist and hydrated.

**Almond Milk:** Almonds are most often associated with skin care, and that's because they're loaded with vitamin E. If you use good almond milk that's made mostly from almonds and water, you're reaping the benefits of vitamin E. It's great for repairing skin and defending against sun damage.

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**Step 3: Taste it!** Here, you can decide if your green smoothie needs a sweetener, if it's too thick or not cold enough or if it needs any extra ingredients. Some common adjustments I make are adding honey if the fruit wasn't ripe enough, adding lemon to cut the bitterness of some greens, or adding cinnamon to give it a warm flavor.