

## **THE GLOWING GREEN SMOOTHIE - K. SNYDER**

1 1/2 c water  
1 head organic romaine (chopped)  
4 stalks of organic celery  
1/2 head large bunch of spinach  
1 organic apple (chopped)  
1 organic pear (chopped)  
1 organic banana (chopped)  
Juice of 1/2 fresh lemon  
Optional: 1/3 bunch organic oregano or parsley

Place water & lettuce in high speed blender (like our [RPM Professional](#)), blend at low speed until smooth.

Add celery, apple, pear and blend at high speed

Add cilantro and parsley (optional), blend

Add banana and lemon juice

Makes 2 large servings or 4 small servings

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