

Apple and Peanut Butter Green Smoothie

Ingredients

- 1 Apple (honeycrisp)
- 1 T Lemon Juice
- 2 T Peanut Butter
- 1 oz Spinach
- 3 oz Kale
- 6 Ice Cubes
- 1/2 c Cold Water

Instructions

In a high-speed blender (in this specific order), add the apple, lemon juice, peanut butter, spinach, kale, ice cubes and water and blend on high until very smooth. Pour into glasses and enjoy.