



Green Smoothie

- ½ Green Apple
- ½ Cucumber
- ½ Avocado
- 1 Cup Organic Baby Spinach
- ¼ Cup Cilantro
- ¼ Cup Parsley
- Juice from ½ Lemon
- ¼ tsp Cayenne Pepper
- ½ tsp Turmeric
- 1 Cup Water
- 1 Scoop of Arbonne Greens Balance
- ¼ Cup Crushed Ice

Add all ingredients into blender and blend on high.