



No late snacking Green Smoothie

2 servings

10 minutes

Ingredients

- 2 cups Collard Greens
- 1 Cucumber (chopped)
- 1 Lemon (juiced)
- 1 tbsp Ginger (grated)
- 1 tbsp Ground Flax Seed (Or Collagen Peptides (Vital Protein brand))
- 1 1/2 cups Water
- 5 Ice Cubes
- 2 stalks Celery

Directions

- 1 Throw all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
- 2 Divide between glasses and enjoy!

Notes

No Kale, Use spinach.

No Pear, Use apples.

Metabolism Boost, Add 1/4 tsp cayenne pepper.

Make it Sweeter, Add 1/2 cup frozen pineapple or mango.

More Protein, Add a scoop of protein powder or hemp seeds.