

Salad Smoothie

Ingredients:

- 2 cups baby spinach (fresh or frozen)
- ¼ cup cilantro or parsley (parsley for a stronger taste)
- 1/2 avocado
- 5 baby carrots
- 1 tablespoon cashews
- 1 lime or ½ lemon (juice only)
- 1 cup coconut water
- 1-2 tsp raw honey (or 2 pitted dates)
- 4-8 oz. water (as needed for thickness)



Preparation:

1. Soak cashews for 10-30 minutes.
2. Combine all ingredients in a heavy duty blender and blend for 30-60 seconds.
3. Use a spoon to push ingredients down into the blender to properly mix. Mix thoroughly until nice and smooth. The avocado adds a smooth creamy texture to the smoothie. Add more water for desired thickness.
4. Garnish with a straw and a dash of ginger or cinnamon.

Comments:

1. Sometimes you feel like a salad and sometimes you don't! This recipe gives you the option of a salad without the dressing that often makes a salad unhealthy.
2. The greens and the avocado give the dominant color, but are relatively mild flavored. The sweetness comes from the coconut water and honey.
3. The carrots go well with any combination in a smoothie and give an extra health boost. They provide beta-carotene for the benefit of the skin and eyes, as well as falcarinol that has cancer fighting benefits.

Nutrition Facts

Serving Size 1 cup (390g)
Servings Per Container 2

Amount Per Serving

Calories 160 **Calories from Fat 80**

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 17g **6%**

Dietary Fiber 3g **12%**

Sugars 8g

Protein 3g

Vitamin A 140% • Vitamin C 50%

Calcium 10% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4