



VEGGIE BOUQUET SMOOTHIE

Prep Time: 50 seconds | Serves: 1

INGREDIENTS

- 1 cup chopped cucumber
- 1 cup chopped spinach
- ¼ cup chopped tomatoes
- 2 tablespoons sliced green onion
- ½ cup chopped lettuce
- 1 tablespoon fresh chopped parsley
- 1 cup unsweetened almond milk

NUTRITION DATA

80 calories | 3.9g fat
10.6g carbs | 3.4g protein
3.3g fiber | 3.6g sugars
214mg sodium

STEPS

01

Combine all of the ingredients in a blender.

02

Blend on high speed for 30 to 40 seconds until smooth, then serve with fresh parsley.



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Source: Outback Vision Protocol