Gut Healing Green Smoothie

5 ingredients · 5 minutes · 1 serving

Directions

1. Peel cucumber and peel and core the apple. Blend all ingredients adding water, 1/2 cup at a time, to desired consistency.

Ingredients

1/2 Cucumber

1/2 cup Frozen Pineapple

1 Apple

1 scoop Vanilla Plant Based Protein Powder

1 tbsp Chia Seeds

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